THE WHEEL COOK BOOK

FAVORITE RECIPES
OF OAK PARK LADIES

UNIVERSITY OF
ILLINOIS LIBRARY
AT URBANA CHAMPAIGN
OAK STREET
LIBRARY FACILITY

Corner Book Shop
102 Fourth Ave.
New York 3, N. Y

THE

WHEEL COOK BOOK

COMPILED BY

THE CARROLL-PARSAL WHEEL

OF THE

SECOND CONGREGATIONAL CHURCH

OAK PARK, ILLINOIS
1913

The meek and humble-minded wife
Has nearly disappeared,
Each year a smaller number
Can claim the name, 'tis feared.
A spirit of equality
Runs through the race aflame,
Rejoicing in a higher life
On nobler friendship's plane.
Linked heart and hand together,
Linked mind and spirit too—
We modern wives would here present
Helps toward this end for you.
Economy and goodness are in each dish so fine.
Entrust to them your husband's health,
Love's star will brighter shine.

641.509773
W56
Oak
Street

Contents

	PAGES
Rebus	2
Tables	5–8
Bread, Rolls, Muffins, etc.	9–20
Cakes and Icing	21–38
Candy	39–46
Cheese, Eggs and Salads	47–56
Fish, Meat, Poultry	57–70
Ices	71–74
Jellies, Preserves and Pickles	75–90
Pies, Cookies and Doughnuts	91–100
Puddings and Other Desserts	101–114
Sauces and Salad Dressing	115–120
Soups	121–126
Vegetables	127–138
Recipes for Feeding a Large Number	139–146
Miscellaneous	147–155

Tables

TABLE OF MEASURE

A speck makes one-quarter saltspoon.
Four saltspoons make one teaspoon.
Three teaspoons make one tablespoon.
Eight tablespoons of dry and solid material make one cup.
Sixteen tablespoons of liquid material make one cup.
Two gills make one cup.
One wine glass makes one-half gill.
One cup contains eight ounces of liquid.
Ten eggs, average size, make one pound.
One-half ounce bottle extract makes twelve teaspoons.
One tablespoon butter makes one ounce.
One tablespoon granulated sugar makes one ounce.
One heaped teaspoon powdered sugar makes one ounce.
One tablespoon flour makes one-half ounce.
Two tablespoons ground spice make one ounce.
Five nutmegs make one ounce.
One quart sifted pastry flour makes one pound.
One quart less one gill, sifted patent flour makes one pound.
One scant pint granulated sugar makes one pound.
One pint butter makes one pound.
One pint chopped meat, packed, makes one pound.
One cup rice makes one-half pound.
One cup cornmeal makes six ounces.
One cup stemmed raisins makes six ounces.
One cup cleaned currants makes six ounces.
One cup stale bread crumbs makes two ounces.

TABLE OF PROPORTIONS.

One quart of flour requires one pint of butter, or butter and lard mixed for pastry.
One quart of flour requires one heaping tablespoon of butter for biscuit.

TABLE OF PROPORTIONS—Continued

One quart of flour requires two tablespoons of butter for shortcakes.

One quart of flour requires one cup of butter for cup cakes.

One quart of flour requires one-half level teaspoon of salt.

One quart of flour requires four teaspoons of baking powder.

One quart of flour requires one pint of milk for muffins, gems, etc.

One quart of flour requires one scant quart of milk for batters of all kinds.

One measure of liquid to three measures of flour for bread.

One teaspoon of soda to one pint of sour milk.

One teaspoon of soda to one cup of molasses.

One teaspoon of salt to one pound of meat.

A spoon means that the material should lie as much above the edge of the spoon as the bowl sinks below it. A heaping teaspoon means that the material should be twice as high above the edge of the spoon as the bowl sinks below it. A level teaspoon should hold sixty drops of water. All dry materials are measured after sifting.

A spoon of salt, pepper, soda, spice is a level spoon.

One-half of a spoon is measured by dividing through the middle lengthwise.

A speck is what can be placed within a quarter inch square surface.

TIME FOR BAKING

Loaf Bread, 40 to 60 minutes.
Rolls and Biscuit, 10 to 20 minutes.
Graham Gems, 30 minutes.
Gingerbread, 20 to 30 minutes.
Sponge Cake, 45 to 60 minutes.
Plain Cake, 30 to 40 minutes.
Fruit Cake, 2 to 3 hours.

TIME FOR BAKING—Continued

Cookies, 10 to 15 minutes.
Bread Pudding, 1 hour.
Rice and Tapioca, 1 hour.
Indian Pudding, 2 to 3 hours.
Steamed Pudding, 1 to 3 hours.
Steamed Brown Bread, 3 hours.
Custards, 15 to 20 minutes.
Pie Crust, about 30 minutes.
Plum Pudding, 2 to 3 hours.

TIME FOR SUMMER VEGETABLES

Greens, Dandelions, 1½ hours.
Greens, Spinach, 1 hour.
String Beans, 2 hours.
Green Peas, 20 minutes.
Beets, 1 to 3 hours.
Turnips, 1 to 3 hours.
Squash, 1 hour.
Potatoes, 20 minutes.
Corn, 20 minutes.
Asparagus, 20 minutes.
This applies to young and fresh vegetables.

TIME FOR WINTER VEGETABLES

Squash, 1 hour.
Potatoes, ½ hour.
Potatoes, baked, 1 hour.
Sweet Potatoes, ¾ hour.
Baked Sweet, 1 hour.
Turnips, 2 hours.
Beets, 3½ hours.
Parsnips, 1 hour.
Carrots, 1½ hours.
Cabbage, 3 hours.

TIME FOR BROILING

Steak, one inch thick, 4 to 6 minutes.
Steak, two inches thick, 8 to 15 minutes.
Fish, small and thin, 5 to 8 minutes.
Fish, thick, 15 to 25 minutes.
Chickens, 20 to 30 minutes.

TIME FOR MEATS

Beef, underdone, per pound, 9 to 10 minutes.
Beef, fillet of, 20 to 40 minutes.
Mutton, leg, per pound, 10 to 12 minutes.
Mutton, stuffed shoulder, per pound, 18 minutes.
Veal, loin of, plain, per pound, 15 to 18 minutes.
Veal, stuffed, 20 minutes.
Pork, spare rib, per pound, 15 to 20 minutes.
Pork, loin or shoulder, per pound, 20 to 30 minutes.
Liver, baked or braised, 1 to 1½ hours.
Corned Beef, per pound, 25 to 30 minutes.
Boiled (simmered) Beef, per pound, 20 to 30 minutes.
Ham, after water or cider begins to boil, 15 to 20 minutes.
Bacon, per pound, 15 minutes.
Chicken, baked, three to four pounds, 1 to 2 hours.
Turkey, ten pounds, 3 hours.
Goose, eight pounds, 3 hours.
Duck tame, 40 to 60 minutes.
Duck, wild, 30 to 40 minutes.
Grouse, Pigeons and other large birds, 30 minutes.
Small birds, 10 to 15 minutes.
Venison, per pound, 15 minutes.
Fish, long and thin, six to eight pounds, 1 hour.
Fish, thick, six to eight pounds, 1½ to 2 hours.
Fish, small, 25 to 30 minutes.

Breads, Rolls, Muffins, Etc.

BRAN BREAD

One quart of bran, one pint of white flour, one-half cup molasses, one teaspoon soda (dissolved in part of molasses), one teaspoon salt, one pint of buttermilk, one egg. Mix all ingredients, add, if desired, one cup of currants, figs or raisins. Bake one hour.

MRS. KATE L. BALLARD.

BRAN BREAD

Two cups white flour, two cups graham flour, one cup bran, one-half cup sugar, one-half cup molasses, two cups sour milk, two teaspoons soda, one-half cup water, one-half cup raisins, salt. Let rise one-half hour; bake thirty to forty-five minutes. This makes two small loaves.

MRS. W. T. HUGHES.

BROWN BREAD

One cup New Orleans molasses, one cup hot water in which dissolve one teaspoon soda, one cup sweet milk in which dissolve one teaspoon baking powder, one quart graham flour (unsifted), a pinch of salt. Mix in order given. Bake one hour in three baking powder cans (or loaf), filling cans a little more than half full. Oven must be moderate.

O. K.

BROWN BREAD

Two cups sour milk, three-fourths cup molasses, one cup white flour, one teaspoon salt, one teaspoon soda, unsifted graham flour to make a stiff batter, one-half cup seeded raisins.

MRS. L. B. REED.

BROWN BREAD

One-half cup sugar, one-half cup molasses, two cups sour or buttermilk, one and one-half teaspoons soda, three cups graham flour, one cup raisins or nuts. Bake one hour in moderate oven.

MRS. CONN.

CORN BREAD

Two cups sour milk, one and one-half cups corn meal, one-half cup flour, two or three eggs, one teaspoon soda, one teaspoon salt, one tablespoon sugar. Sift dry ingredients together, excepting soda is put in sour milk. Melt two tablespoons bacon fat or butter in pan and add to mixture last thing.

RUTH VAIL,
Jacksonville, Ill.

SOUR MILK CORN CAKE

Two cups of sour milk, one-half cup of sugar, two cups of corn meal, one cup of flour, two level teaspoons of soda dissolved in a little milk, a small piece of melted butter, a sprinkle of salt, one well beaten egg. Add the sugar and soda to the milk, then mix and sift the other ingredients, adding the well beaten egg and melted butter last. Bake in gem pans, in a hot oven.

NUT BREAD

Three cups flour, four teaspoons baking powder, one-half cup sugar, one and one-half cups milk, one cup ground hickory nut meats.

MRS. J. P. BLACK.

NUT BREAD

One quart flour, one pint milk, one-half cup sugar, one cup nut meats, four teaspoons baking powder, rounded, one teaspoon salt. Sift dry ingredients, add two eggs, well beaten, and milk. Let rise 20 minutes and bake three-quarters of an hour in slow oven.

MRS. R. H. CLINTON.

NUT BREAD

Two eggs, one cup sugar, one-half teaspoon salt, two cups milk (or water), four cups flour, four teaspoons baking powder, one cup chopped nuts (floured). Let rise about 20 minutes. Bake in moderate oven about one hour.

MRS. W. H. ALLEN.

NUT BREAD

Four cups flour, four rounding teaspoons baking powder, one and one-half cups sugar, (scant), one and one-fourth teaspoons salt, (level), one-half cup nuts, broken in pieces. Mix dry materials. Mix two cups milk and two well beaten eggs. Combine two mixtures. Pour in buttered pan, let stand 20 minutes before baking. Bake in slow oven one hour. When bread is nice and brown put pan of water on rack beneath it and finish baking. MRS. PLUMMER.

NUT WHOLE WHEAT BREAD

Two and one-half cups entire wheat flour, one and one-half cups white flour, two cups sour milk, one-half cup molasses, one-fourth cup sugar, two level teaspoons soda, salt, one-half cup nuts, one-half raisins. Makes two small loaves. Let stand one-half to one hour. Bake one hour, slow oven. MRS. FRANK E. BALLARD.

NUT BREAD

One egg well beaten, two-thirds cup sugar, one cup sweet milk, one cup nut meats, chopped fine, two cups white flour (after it is sifted), four teaspoons baking powder, one cup graham flour, one teaspoon salt. Put in tin and raise for one-half hour. Bake three-quarters hour in moderate oven.

OATMEAL BREAD

One cup oatmeal (Quaker Oats), one tablespoon butter, one tablespoon lard, one teaspoon salt, one-third cup molasses, brown sugar enough to make one-half cup altogether. Pour over this mixture two cups boiling water. Cool until lukewarm, add one yeast cake, one cup of nuts, broken in small pieces. Mix with white flour as stiff as can be stirred with a spoon and let it rise over night. In the morning cut down, put in two bread pans and let rise until very light. Do not knead at all and use as little flour as possible in handling.

GRAHAM MUFFINS

Two eggs, well beaten, one-half cup sugar, one cup milk, one cup white flour, one cup graham flour, two teaspoons baking powder, two tablespoons melted butter, one teaspoon salt. Bake slowly.

MRS. W. H. ALLEN.

BRAN MUFFINS

Two cups bran, one cup flour, one and one-half cups sweet milk, one teaspoon salt, two tablespoons molasses, one teaspoon soda. MRS. LAVINIA.

CORN MUFFINS

One-half cup sugar, one-half cup butter or lard, creamed together; one or two eggs, one cup milk or water, two cups flour (sifted and even), three-quarters cup corn meal, salt, two teaspoons baking powder rounded. Makes about 18 muffins.

MRS. FRANK E. BALLARD.

HONEY MUFFINS

One bowl cereal, left over (Cream of Wheat, Algrain or any other), one cup honey, little salt, two eggs, well beaten, small amount raisins, one tablespoon butter, three heaping teaspoons baking powder, flour to make reasonably soft dough. Bake in muffin pans.

MRS. KIRK AUSTIN.

ENGLISH TEA BISCUITS

One cup of sugar, one-half cup of butter, creamed; one cup of English currants, one teaspoon of salt (level teaspoon), one cup of milk, two teaspoons of baking powder; flour enough to roll like ordinary biscuits. Cut small and sprinkle with cinnamon and sugar. Bake in rather a quick oven. MRS. BABSON.

PARKER HOUSE ROLLS

Two cups scalded milk, three tablespoons butter, two tablespoons sugar, one teaspoon salt, one yeast cake dissolved in one-fourth cup lukewarm water; flour; add butter, sugar and salt to milk; when lukewarm, add dissolved yeast cake and three cups flour; beat thoroughly, cover and let rise until light; cut down and add enough flour to knead (it will take about two and one-half cups). Let rise again; then shape by cutting or tearing off small pieces of dough and shaping round like a biscuit; with handle of large wooden spoon roll through center of each biscuit; brush edge of lower halves with melted butter, fold and press edges together, place in greased pan, one inch apart, cover, let rise and bake in hot oven fifteen minutes. As rolls rise they will part slightly, and if hastened in rising are apt to lose shape.

MRS. WILLIAM PRESTON.

RUSKS

One cup soft butter, three-fourths cup granulated sugar, three-fourths cup brown sugar, one teaspoon cinnamon, one-half teaspoon soda, one cup chopped walnuts, one cup seeded raisins, three eggs beaten lightly, one teaspoon baking powder, two and one-half cups flour, or enough to make quite thick. Drop small spoonfuls on buttered tins.

LOVERS KNOTS

One cup scalded milk, two tablespoons sugar, one-half teaspoon salt, one-half cake compressed yeast, two tablespoons melted butter, one egg, grated rind of one-half lemon, flour. Add sugar, salt, to hot milk. When lukewarm add dissolved yeast, mix in flour to make soft batter; let rise; when light add other ingredients and enough flour to knead, let rise and when light roll out in a sheet one-half inch thick. Cut in strips one-half inch wide and nine inches long and tie in knot. Place in buttered pans and when light bake fifteen to eighteen minutes.

MRS. PARSAL.

RUSKS

One cup milk, one yeast cake dissolved in one-fourth cup lukewarm water, flour, one-fourth cup sugar, one teaspoon salt, one egg and yolk one egg, one-eighth teaspoon mace, one-fourth cup melted butter. Scald milk; when lukewarm, add dissolved yeast cake and one and one-half cups flour; beat well, cover and let rise until light. Add sugar, salt, eggs well beaten, mace and butter, and enough more flour to knead; knead, let rise again, shape and bake about fifteen minutes in hot oven. This same mixture may be rolled in a long strip to one-fourth inch thickness, spread with butter, rolled up like a jelly roll, and cut in one inch pieces. Place pieces in pan close together, flat side down.

Mrs. William Preston.

RUSSIAN BREAD

Four and one-half cups flour, one cake compressed yeast, one and one-fourth cups scalded milk, one-fourth cup sugar, one and one-half cups raisins, two eggs, one-fourth cup butter, one teaspoon salt, cinnamon to taste. Dissolve yeast in scalded milk, cooled to eighty degrees; add one and one-half cups flour and mix until smooth; let stand until light and puffy. Add eggs, sugar, butter, raisins, salt, remainder of flour and cinnamon. Mix to a stiff dough and knead thoroughly. Let stand until double in volume. Divide into two equal parts for two loaves; cut each loaf into three equal parts; roll the parts into strips about twelve inches long and tapering to a point at each end; press ends together and braid. Place on buttered baking sheet, cover and allow to stand until light. Bake from one-half to three-quarters of an hour. When cool, ice with an icing made by mixing a few drops of hot water with powdered sugar, flavoring with vanilla.

SCONES

Four cups flour, two teaspoons baking powder, half teaspoon salt, quarter teaspoon grated nutmeg, three tablespoons butter, four tablespoons sugar, one cup raisins and currants mixed, milk to make a soft dough (about one and one-half cups), one egg beaten into milk. Sift flour, baking powder, salt, sugar and nutmeg together. Rub in butter, stir in raisins and currants. Add egg and milk until a soft dough is formed. Place in two pie tins and mark off into eight sections with back of knife. Bake twenty minutes in a moderate oven. Rub together one tablespoon sugar and one of milk and when scones are baked brush them over with this syrup. Place in oven for a few seconds, break apart and serve hot or cold. MRS. PARSAL.

SOUR MILK GRIDDLE CAKES

Two and one-half cups flour, two cups sour milk, one-half teaspoon salt, one and one-fourth level teaspoons soda, one egg. Mix and sift flour, salt and soda; add sour milk and egg well beaten. Drop by spoonfuls on a greased hot griddle; cook on one side; when puffed, full of bubbles, and cooked on edges, turn and cook other side. Serve with butter and maple syrup.

MRS. WILLIAM PRESTON.

WAFFLES

Beat one egg light, add pint buttermilk, one teaspoon soda and one-half teaspoon salt, one tablespoon lard, add sufficient flour to make medium batter, add one heaping teaspoon baking powder last. Have irons hot and well greased. MRS. MERSHON.

WAFFLES

Three cups flour, 6 teaspoons baking powder, one teaspoon salt, level; two cups milk or water, yolks three eggs, white three eggs, two tablespoons melted butter. Mix and sift dry ingredients; add milk gradually, yolks of eggs well beaten, butter and white of eggs beaten stiff; cook on a greased hot waffle iron. Serve with maple syrup or powdered sugar. The waffle iron should be well heated on one side, turned, heated on other side, and thoroughly greased before iron is filled. In filling put a tablespoon of mixture in each compartment near center of iron, cover, and mixture will spread to just fill iron. If sufficiently heated, it should be turned almost as soon as filled and covered. In using a new iron, special care must be taken in greasing, or waffles will stick. MRS. WILLIAM PRESTON.

Cakes and Icing

Frosting

FIVE MINUTE

The white of one egg, one teaspoon lemon juice, one scant cup of powdered sugar stirred together until the sugar is all wet, then beat with a fork for just five minutes; spread quickly on the cake while warm.

BOSTON COOK BOOK.

BOILED

Boil one cup granulated sugar, a speck of cream of tartar, and one-third cup water until it spins a thread when dropped from the spoon, then pour in a fine stream into the white of an egg beaten stiff, beating as you pour; continue beating until stiff enough to stand alone, add flavoring and spread quickly on the cake with a knife dipped in warm water.

ORNAMENTAL

One cup sifted, powdered sugar, one teaspoon lemon juice, the white of an egg; beat the egg until it is frothy but not dry, then sprinkle over three teaspoons sugar and beat five minutes; add one teaspoon each five minutes till quite thick, then put in the lemon juice. Beat with a fork and when a point of it will stand in any position it is ready to press through a pastry tube upon the cake, which should be already covered with a smooth plain frosting and dry.

FONDANT

Two cups sugar, one cup water, a bit of cream of tartar half as large as a pea. Boil without stirring until a little dropped into ice water can be gathered into a ball and rolled like wax between the fingers. Cool and stir to a soft cream. Add flavor or coloring while cold, then soften over hot water and spread while warm.

CHOCOLATE

Melt one ounce chocolate, add one teaspoon powdered sugar and add to the boiled frosting till it is dark as you wish.

ORANGE

Grate the thin rind of an orange and soak it one-half hour in three teaspoons lemon juice. Squeeze the juice through a fine muslin and use like the lemon in five-minute frosting.

GELATINE

Dissolve one teaspoon gelatine in three tablespoons warm water, add one cup pulverized sugar and beat until smooth. Flavor to taste.

SUGAR GLAZE

One cup powdered sugar, one tablespoon lemon juice, about one tablespoon boiling water; beat hard till smooth and semi-transparent. Spread on the cake as soon as taken from the oven.

CHOCOLATE GLAZE

Omit the lemon juice from the above recipe and add three heaping tablespoons of pulverized chocolate and one teaspoon vanilla.

GOLDEN

Beat two yolks of egg with one cup sugar and one-half teaspoon old Jamaica rum, add more sugar if not stiff enough to hold its place.

FIG FILLING

Add one-half pound (or less) figs, chopped, to the boiled icing and ice a layer cake.

MAPLE FONDANT

One cup yellow or maple sugar, one-half cup thin cream; boil together fifteen minutes, take from fire and stir constantly till it stiffens, spread quickly on warm cake as it hardens very fast.

BOILED ICING

One cup granulated sugar, one-third cup of cold water, a speck of cream tartar. Boil till it forms a soft ball in a cup of cold water. Add slowly, stirring all the time, to the well beaten white of one egg. When almost cold add one teaspoon of flavoring and spread on cake. Double this recipe for larger cake.

CARAMEL FILLING

Two cups brown sugar, one-half cup cream or milk, one tablespoon butter. Boil all together, stirring only to prevent scorching, until it forms ball you can pick up in cold water. Take from fire and beat until thick as molasses. MRS. HUGHES.

TWO GOOD CHOCOLATE FILLINGS

NO. 1

One cup sugar, one-third cup boiling water, white of one egg, one saltspoon cream of tartar, one square chocolate. Boil sugar and water without stirring until syrup threads. Pour over beaten egg boiling hot, in a fine stream, beating well. Add chocolate melted.

NO. 2

One square chocolate, one-half cup milk, butter size of walnut, one and one-half cups sugar. Cook until thick. J. W. W.

MARSHMALLOW FILLING FOR DEVIL'S FOOD CAKE

Two cups granulated sugar, one cup water, one tablespoon vinegar. Boil until a little dropped into cold water forms a soft ball. Then stir in the beaten whites of two eggs and one-fourth pound marshmallows.

ELEANOR QUAID MITCHELL.

APPLE CAKE

One cup sugar and one cup of flour sifted together eight times. Break two eggs into a half pint measuring cup. Add one tablespoon orange juice, then fill the cup with sweet cream; pinch of salt. In the last sifting of flour add two level teaspoons of baking powder, beat all together (this will be a very thin batter). Bake slowly in a square tin. Serve hot or cold with the following top dressing: White of one egg, one cup granulated sugar, three sour grated apples. Beat all together with a large dover egg beater until stiff. Flavor with vanilla. Cut cake in squares and put a heaping spoonful on top—Excellent.

MRS. W. H. PEARCE.

DUTCH APPLE CAKE

One and one-half eups flour, two teaspoons baking powder, one-half teaspoon salt, two teaspoons shortening, one of lard, one of butter; one egg. Mix with milk of a consistency to spread. Put in greased square pan and place apples cut into eighths.

MRS. L. KUEHN.

BLACK CHOCOLATE CAKE

Set in a pan of water and boil until thick the following: One egg yolk, one-half cup sugar, one-half cup sweet milk, one-fourth cake chocolate. While cooling this beat one cup sugar and one-half cup butter or shortening to a cream. Add two eggs and one-half cup sour milk with one level teaspoon soda in it, also two cups sifted flour and two teaspoons vanilla. Lastly, add the cooked chocolate filling. Use the extra whites of egg for the icing.

MRS. A. L. KUEHN.

ANGEL CAKE

Whites of twelve eggs, one teaspoon cream of tartar, one cup sugar, one cup Swan's Down Flour, flavor. Add cream of tartar to eggs and beat until stiff. Add one-half cup sugar to beaten whites. Sift other one-half cup with flour five times, and add very lightly. Bake in moderate oven about forty-five minutes.

MRS. CHESTER CANDY.

ANGEL FOOD CAKE

One and one-half cups granulated sugar, one cup pastry flour, sift seven or more times. Sift with flour two scant even teaspoons cream of tartar, and soda about size of a pea. Whites eleven large or twelve small eggs, beaten stiff, add sugar gently, then flour, then flavoring. Bake slowly one and one-quarter hours. Do not grease tin. Stir as little as possible to mix flour thoroughly as it will toughen.

FROSTING FOR ANGEL FOOD CAKE

Three-quarters cup boiling water, two cups sugar. Let boil until it forms a soft mass when dropped into cold water. Beat whites two eggs very stiff. Stir hot syrup into eggs, beating for some time until it becomes thick and creamy, add flavoring; add one cup melted chocolate if you prefer chocolate frosting.

MRS. FRED W. LAMB.

GOLD CAKE

One cup of sugar, one-half cup of butter, one-half cup of milk, two cups flour, four level teaspoons baking powder, one teaspoon orange extract, eight egg yolks. Cream butter and sugar; add milk and dry ingredients alternately; add well beaten yolks last; beat well. They are nice iced with yellow icing. This mixture may be made into a loaf or into layers. Use one-half the recipe if you want enough for only one meal. Use the whites of the eggs for angel cake.

DEVIL'S FOOD CAKE

Part One

One-fourth cup butter, one-half cup sugar, one egg, one-fourth cup milk, one cup flour, one teaspoon baking powder.

Part Two.

Two squares Baker's chocolate, one-fourth cup milk, one-half cup sugar, one egg yolk. Cook until thick. When cool mix with the above. MRS. CONN.

DEVIL'S FOOD CAKE

Part One

One cup brown sugar, one-half cup sweet milk, one cup grated chocolate (two ounces), yolk one egg. Heat until dissolved. Do not boil. Set aside to cool.

Part Two

One cup brown sugar, one-half cup butter, one-half cup sweet milk, two cups flour, two eggs, one teaspoon soda. Cream butter and sugar, add yolks of eggs, milk, sifted flour and whites of eggs beaten stiff. Stir in first part and add soda dissolved in a little warm water. Bake in three layers. Use marshmallow filling.

ELEANOR Q. MITCHELL.

DEVIL'S FOOD CAKE

One cup brown sugar, one cup grated chocolate, one cup milk (sweet). Cook together, when cool, add one cup brown sugar, one-half cup butter, one-half cup milk, two eggs, one teaspoon soda, two cups flour and flavor.

FROSTING FOR DEVIL'S FOOD CAKE

One cup grated chocolate, melted over steam, yolks two eggs beaten, one-half cup sweet milk, one and one-half cups sugar. Boil about ten minutes, remove from fire and add melted chocolate. Stir well.

MRS. FRED W. LAMB.

FRUIT CAKE

One-half pound butter, one-half pound brown sugar, one nutmeg, one teaspoon cloves, two teaspoons cinnamon, one-half pint dark molasses, five eggs, one-half teaspoon soda (with little hot water), one-half pound flour, one pound figs, chopped fine, one pound raisins, chopped fine, one pound currants, chopped fine, one pound almonds, chopped fine, one-fourth pound citron. Steam three hours. Bake fifteen minutes. English walnuts instead of figs and almonds if preferred.

MRS. H. M. PRICE,
Austin.

FRUIT CAKE

One and one-tenth pounds butter, one and one-tenth pounds sugar, one pound flour, ten eggs, one tablespoon mace, one tablespoon cinnamon, one-half teaspoon cloves, three nutmegs, four pounds seeded raisins, one pound currants, one-half pound citron cut fine, one-half pound figs cut fine, one-half pound nut meats, one teaspoon soda dissolved in milk. MRS. PARSAL.

DROP CAKES

One and one-fourth cups sugar, one-half cup butter, one-half cup lard, three eggs, three tablespoons cold water, to which add one teaspoon soda, one-half nutmeg grated, salt, three cups flour, sifted, two-thirds pound raisins, and, if desired, one cup nuts, but good without. Drop on tins not close together. Spread a little and bake in a moderate oven. MRS. R. H. CLINTON.

GINGER BREAD

One cup sugar, one cup molasses, one-half cup butter, two eggs, well beaten, three cups flour, two spoons soda, all kinds spices, one teaspoon vanilla, last, one cup boiling water. ETHEL C. BENNETT.

GINGER CAKE

One-half cup butter, one large half-cup sugar, two eggs, one cup molasses, two and one-half cups flour, one-half teaspoon cloves, one teaspoon each cinnamon and ginger, two level teaspoons soda. Sprinkle soda over all and add one cup boiling water. Bake in slow oven.

MRS. PARSAL.

CINNAMON CAKE

Rub four ounces of butter into half a pound of flour, add four ounces of sugar, one and a half teaspoons baking powder and one teaspoon of ground cinnamon. Beat up one large egg, add it very gradually, making the dry ingredients into a stiff paste. Knead it a little on a floured baking board, divide it into two pieces, roll them out and line a greased dinner plate with one of them, spread some jelly in the center, lay the other piece on the top, pinch it neatly around the edges. Bake in a moderate oven for half an hour. Serve hot or cold with sifted sugar on top. If cinnamon is not liked, ginger may be added, or a teaspoon of lemon or vanilla extract could be added with the eggs.

GINGER BREAD

One-half cup molasses, one-half cup brown sugar, one-half cup boiling water, one-half cup shortening (butter and lard), two cups sifted flour, one egg, one teaspoon ginger, one teaspoon soda in hot water.

MRS. L. B. REED.

FRUIT CAKE

One cup light brown sugar, one-half cup butter, yolk of one egg (save the white for frosting), one-half cup sour milk, with one-half teaspoon of soda in it, one and one-half cups of flour, one teaspoon of cinnamon, one-half teaspoon of cloves, a little nutmeg, one cup cut raisins. Bake slowly.

FRUIT CAKE

Two cups flour, one cup brown sugar, one cup sour cream, one cup chopped raisins, one cup chopped nuts, one-fourth pound citron cut very fine, two tablespoons molasses, butter the size of a large egg, two eggs, one teaspoon soda, one teaspoon (each) cinnamon, cloves and nutmeg. Very digestible.

LADY BALTIMORE CAKE

One-half cup butter scant, one and one-half cups granulated sugar sifted, one cup cold water, three even cups flour sifted three times before measuring; two rounded teaspoons baking powder, whites of four eggs, flavor with teaspoon almond extract and one-half teaspoon vanilla extract. Cream the butter and sugar; add one-third of the water with one cup flour. Beat, add second cup flour, continuous beating. Into last cup of flour add baking powder and add as the others; then the rest of the water. Flavor and cut and fold in the stiffly beaten whites very carefully. Bake in three large layers.

FILLING

Grind together one-half pound figs, one cup pecan or walnut meats, one-quarter pound raisins. Make boiled icing of two cups granulated sugar, one-half cup water, whites of two eggs; add nuts and fruit and spread between layers. MRS. PARSAL.

MARGUERITES

White of one large egg, one cup sugar, enough water to moisten. Boil together slowly until a soft ball can be made. Then pour slowly over the well beaten egg, beating all the time. Stir thick with shelled walnuts (English) chopped fine, and spread over salted wafers; place in oven to brown. Delicious to serve with coffee, chocolate or lemonade. Nice if crackers not salted are used to serve hot with ice cream.

SOFT GINGER CAKE

One-half cup sour milk, one level teaspoon soda, one-half cup New Orleans molasses, one-half cup sugar, one egg, one teaspoon ginger, and one teaspoon cinnamon. Piece of lard size of an egg, two rounding cups of unsifted flour (sift into cake), one almost heaping teaspoon baking powder.

LEMON CAKE

Two cups flour, two cups sugar, six eggs, six tablespoons butter, four tablespoons milk, two teaspoons cream tartar, one teaspoon soda (or two of baking powder).

JELLY FOR CAKE

Three-quarters pound sugar, one-quarter pound butter, four eggs, rind of three lemons grated and the juice. Beat the butter, sugar and eggs together. Set into a dish of boiling water until heated; then add the lemon and stir until thick. Spread between layers of cake.

SPICE CAKE

One-half cup sugar, one-half cup butter, two eggs, one cup sour milk, one teaspoon soda, one-half cup chopped raisins, two level teaspoons baking powder, two and one-half cups flour, one teaspoon cinnamon, one-half teaspoon nutmeg. MRS. SCHULTZ.

MOTHER'S SPICE LOAF CAKE

Two cups brown sugar, one cup butter or lard, two eggs well beaten, one cup sour milk, one teaspoon baking soda, three cups (scant) flour, one teaspoon cinnamon, one-half teaspoon cloves, one cup raisins, one-half cup chopped nut meats. Bake about one hour in slow oven. Makes two loaves. Can be made with granulated sugar or sweet milk and baking powder.

MRS. W. H. ALLEN.

SPICED DEVIL'S FOOD

One cup sugar, one-third cup butter, one cup sweet milk, two eggs, one-half teaspoon cinnamon, one-half teaspoon cloves, one square Baker's chocolate, one and one-half cups flour, two teaspoons baking powder.

MRS. C. M. CANDY.

SPICE CAKES

One egg, one-half cup butter, one-half cup sugar, one-half cup molasses, one-half cup sour milk, one teaspoon soda (level), one-half nutmeg, one teaspoon cinnamon, one cup raisins or currants, two scant cups flour, Bake in muffin tins.

POPPYSEED CAKE

Three-quarters cup butter, one cup sugar, three-quarters cup poppyseed, three-quarters cup milk, two cups flour (scant), two teaspoons baking powder, vanilla. Soak poppyseed in milk for one hour and when cake is all together, add four beaten whites of eggs. This is a loaf cake.

FROSTING

One cup milk, one-half cup sugar, one tablespoon corn starch, yolks of four eggs, one-half cup nut meats. Cook until thick.

HATTIE FARBER.

POTATO CAKE

Two cups sugar, one-half cup sweet milk, one cup butter, one-half cup grated chocolate, four eggs, one cup mashed potatoes, cold and seasoned as for table, two cups sifted flour, two teaspoons baking powder, one cup chopped nuts, one teaspoon each of cinnamon, cloves, nutmeg, lemon and vanilla. Bake in layer or loaf. A very large and delicious cake.

PRUNE CAKE

One cup sugar, three-quarters cup butter, three eggs, one cup stewed prunes, chopped (soak prunes over night, add one cup sugar), four tablespoons sour milk, one teaspoon soda, one teaspoon cinnamon, one teaspoon mace, one and one-half cups flour, almond flavor in icing. MRS. WILLIAM G. LONG.

SWAN CAKE

One cup butter, two cups sugar, two and one-half cups flour, one-half cup corn starch, one cup sweet milk, whites of eight eggs, two teaspoons baking powder, one teaspoon vanilla.

SOUR CREAM CAKE

One cup sugar, one cup rich sour cream, two eggs, one and one-half cups flour, one even teaspoon soda, one cup raisins, one teaspoon cinnamon, one-quarter teaspoon nutmeg, a pinch of salt. Put all ingredients into mixing bowl in order named and beat five minutes.
MRS. G. CHADWICK.

SPONGE CAKE

Yolks of eight eggs, and one cup sugar beaten together until light; two cups flour, two teaspoons baking powder; add one cup boiling water last. Bake in two layers. MRS. C. M. CANDY.

TILDEN CAKE

One cup butter, two cups sugar, three cups flour, with two teaspoons baking powder, one cup sweet milk, one-half cup corn starch, four eggs, one teaspoon lemon extract. Makes a very large cake.

TORTE CAKE

Six eggs separated and beaten separately, one cup sugar, one cup dates (heaping), one-half cup walnuts, six tablespoons dry bread crumbs, very fine, one teaspoon baking powder. Bake, serve with whipped cream.

MRS. CONN.

CARAMEL FILLING

Two cups brown sugar, one-half cup cream, one-half cup butter, vanilla. MRS. CONN.

SPONGE CAKE

Beat two egg whites and yolks separately; add a cup of granulated sugar and beat hard. Now stir in a cup of flour that has been sifted with a teaspoon of baking powder and a little salt and last of all add a half cup of boiling water. Beat hard and bake in an ungreased pan in a moderate oven. Cover the cake for the first few minutes it is in the oven.

MRS. PARSAL.

WHIPPED CREAM ONE EGG CAKE

One scant cup sugar, one egg, one level tablespoon butter, cream together; one scant cup milk, two scant cups flour, two heaping teaspoons baking powder, one teaspoon vanilla. This makes a two layer cake. Whip a half pint bottle of whipping cream. Flavor with one teaspoon vanilla; add two tablespoons sugar. Spread whipped cream on both layers with either sliced bananas or pineapple. MRS. R. C. DAVIS.

ONE EGG CAKE

One-half cup butter, one cup sugar, one egg, one cup milk, two cups flour, two teaspoons baking powder, vanilla.

WHITE CAKE

Very delicious but inexpensive. One and one-half cups of sugar, two cups of flour, one-half cup of butter, one cup of milk, whites of four eggs, two teaspoons baking powder. Cream butter and sugar together, then add milk, afterwards flour with baking powder sifted in. Lastly the whites beaten stiff, flavor with vanilla and bake in two layers. MRS. J. D. MCDOWELL.

HUCKLEBERRY CAKE

One cup sugar rubbed into one-half cup butter, add two well beaten eggs, a teaspoon vanilla, two cups flour sifted three times with two level teaspoons baking powder, and last of all, a pint of fresh or cooked huckleberries, dredged with flour. Bake in loaf tin. Eat with soft sauce made with juice from canned berries, if used. MRS. PARSAL.

LILY CAKE

One-third cup butter, one cup sugar, one-half cup milk, one and three-quarters cups flour, two and one-half level teaspoons baking powder, whites three eggs, one-third teaspoon lemon extract, two-thirds teaspoon vanilla extract. Cream the butter, add sugar and cream again, add milk and flour alternately (baking powder sifted with the flour), beat thoroughly when all is in and add beaten whites. Three layers or loaf. A very dainty, satisfactory cake. J. W. W.

BRAIN CAKE

Eight eggs, one and one-half cups sugar, one and three-quarters cups of butter and lard, three-quarters cup milk, three cups flour, two heaping teaspoons baking powder, one teaspoon vanilla. Use only whites of eggs, adding them last. This is a very large cake. Fine for weddings or birthday cakes.

MRS. A. L. KUEHN.

Candy

FONDANT

Two pounds granulated sugar, one cup cold water, one small pinch cream of tartar. Place the sugar and water together in deep pan, and bring them gently to the boiling point. Add cream of tartar, and boil gently without stirring, until a little of the mixture will form a soft ball in cold water. Wipe off with a damp cloth any crystals that may form on the side of the pan, but do not disturb the syrup. Set syrup aside to cool and as soon as thick beat till white and creamy. Twice this quantity or more may be worked in the bread mixer. Otherwise work with hands as for bread until it is smooth and creamy. A very little corn starch may be sifted over board to prevent sticking. Set aside, covered with damp cloth or oiled paper, and let the fondant ripen for twenty-four hours, then use for making cream candies, or for stuffed dates or chocolate creams. Add coloring for bonbons and any flavoring desired. To have this a success you must follow directions absolutely.

MILK FONDANT

Milk fondant is far better as a foundation for candy than that made with water, as it is richer and retains its freshness twice as long. Three cups of granulated sugar and one of milk boiled until it strings or until a slight crystallization is evident on the edge of the pan. Put aside until nearly cold, then stir until "it comes." It will be white as snow and soft, yet will retain any shape into which it is molded. MRS. GAYLORD.

COCOANUT FUDGE

Two cups granulated sugar, one-half cup milk or enough to moisten sugar, two tablespoons butter. Boil till it forms a soft ball in water. Cool and beat. Add several heaping tablespoons of grated cocoanut, flavor, and when cold and thick, pour into greased pans.

FUDGE

Put in pan or chafing dish, two tablespoons of butter, one cup of dark brown sugar, one-half cup milk, two cups molasses, four ounces grated chocolate. Stir constantly until mixture forms a soft ball in water. Take from fire, cool a little and beat till you find it thick, flavor with vanilla and add chopped nuts. Care must be taken not to get it too hard before pouring into greased pan. When cold cut in squares. Instead of dark brown sugar and molasses you can use two cups granulated sugar and have a fine fudge. Add three tablespoons Karo Korn Syrup.

MARSHMALLOW FUDGE

Two cups granulated sugar, two-thirds cup milk, two squares of chocolate, butter size of small egg. Cook all together until a drop in water retains its shape (stirring as often as possible), then take from fire and beat vigorously until heavy and thick. Pour into buttered pans. One-half pound marshmallows, cut into quarters and beaten into the fudge, or put whole on the pans with the beaten fudge poured over them, add greatly to the deliciousness of the candy.

DIVINITY FUDGE

Two and one-half cups granulated sugar, one-half cup cold water, one-half cup Karo Korn Syrup. Boil till it threads or forms a soft ball in cold water. Beat whites of two eggs and add one-half cup of the boiling syrup, whipping all the time. Boil rest of syrup four minutes longer and add to the above. Beat well. Add nuts (as many and any kind you wish), flavor with vanilla. When cold, pour on greased tin and mold and cut. Larger quantities may be beaten in bread mixer.

MRS. A. L. KUEHN.

COATING FOR CHOCOLATE CANDY

Melt one ounce or one square of bitter chocolate, add two tablespoons of milk and two of sugar and one-quarter of a teaspoon of butter. Stir till smooth; drop balls of cream candy into it and remove with a fork or hat pin. If chocolate becomes too stiff, add a few drops of sugar and water syrup and heat again.

CHOCOLATE PEPPERMINT CANDY

A simple way to get the effect of chocolate peppermints is to make the fondant as strong as desired of peppermint, spread smoothly on one or two plates, and pour over this a thick coating of melted chocolate. When chocolate is hard, cut into squares and serve. This is best the day after making.

PEPPERMINT DROPS

Boil one pound granulated sugar (one pint), with two-thirds of a cup of water. Wipe away, with a damp cloth, any crystals that form on sides of pan. When it forms a soft ball in water, remove from fire. Add peppermint oil, seven drops if you like it strong; otherwise five drops. When slightly cool beat until it is creamy and just right for pouring. Color as you like. Drop from end of teaspoon, twirling it as you drop, on waxed paper.

BUTTERSCOTCH

Moisten a pound of brown sugar with a cup of cold water to which you have added two tablespoons of vinegar and put over the fire in an agate saucepan. Cook for ten minutes. After it comes to the boil add four tablespoons of butter. Boil until a little dropped into cold water hardens at once and then pour in a thin sheet into buttered tins. When it begins to harden cut it into squares with a buttered knife.

CANDIED ORANGE RINDS

Cut orange rinds into strips with scissors, letting stand over night in salt water. In morning rinse in cold water and put in kettle to boil, cover with cold water and boil twenty minutes, throw off water and put on more cold water, making three boilings. Drain in colander while making syrup. To one cup orange rinds take one cup granulated sugar and about one-half cup water, boil up good and put in the rinds. Keep boiling until the syrup will spin a thread. The rinds should look transparent and the syrup almost cooked away. Place on platter to dry, sprinkle with granulated sugar, dry slowly. MRS. KATE L. BALLARD.

MOLASSES CANDY

Stir together three cups molasses and one cup brown sugar, add a gill of vinegar and put all over the fire in an agate or porcelain lined saucepan. Bring slowly to a boil, stirring often. After it has boiled half an hour begin to test the candy by dropping a little of it from a spoon into cold water. As soon as a little of the syrup hardens in the water, stir a tablespoon of butter into the boiling mixture. When this melts put in a teaspoon of baking soda dissolved in a tablespoon of boiling water and take immediately from the fire. Pour into buttered pans and then pull to whiteness, or you may let it stay in the pans and as it cools cut it into squares with a buttered knife. You may put nut meats with it. The really old fashioned candy of my girlhood was always pulled and we had little respect for the mere taffy which meant no muscle and active work.

MOLASSES CANDY

One cup granulated sugar, one cup molasses (Duff's), one-half cup vinegar, a little butter, vanilla, one teaspoon, soda, one-quarter teaspoon. Cook until very brittle. Add soda, vanilla, and let cool. Pull.

MRS. CONN.

CREAM CANDY

Four cups of sugar, two cups of water, three-fourths of a cup of vinegar, one cup of cream or rich milk, a piece of butter according to one's taste, two teaspoons of vanilla, a pinch of soda. Let it boil until it cracks in water; pour into a flat, well-buttered dish to cool, then pull till white.

Cheese, Eggs and Salads

CHEESE OMELET

Three eggs, beaten separately, one-half cup chopped cheese, two-thirds cup milk, one-half teaspoon salt, a very little paprika. Bake twenty minutes in a pan of hot water.

CHEESE STRAWS

One cup grated cheese, one cup flour, one teaspoon salt, two tablespoons lard, three tablespoons water. Roll out, cut in strips, and bake in a quick oven.

CHEESE FONDUE

One cup soft stale bread crumbs, one cup cheese, cut in small pieces, one cup scalded milk, one tablespoon butter, two eggs (beaten separately), one-half teaspoon salt, cayenne. Soak crumbs in milk. Add rest of ingredients, lastly folding in the whites of eggs beaten very stiff. Cook in buttered baking dish, in a moderate oven, twenty minutes or until firm. Serve at once. Serves four people.

GRACE HOWE THOMAS.

WELSH RAREBIT

Half a pound of fresh cheese, two eggs, one-quarter saltspoon cayenne, one tablespoon of butter, one teaspoon of mustard, one-half teaspoon of salt, one cup of cream. Break the cheese in small pieces and put it and the other ingredients in a light saucepan, which put over boiling water (or a chafing dish). Stir until the cheese melts; before serving add one teaspoon of Worcestershire sauce. Spread the mixture on slices of hot, crisp toast or crackers. Serve at once.

MRS. CARROLL.

WELSH RAREBIT

One egg well beaten, one pound American cheese, yellow is best, grated or broken in pieces, six tablespoons of milk, a generous pinch of salt, a good dash of paprika, two teaspoons of Worcestershire sauce. Put in chafing dish over hot water and when cheese melts add other ingredients, stirring all the time. College rarebits vary in proportion to the material on hand. Serve on crackers or toast, or bread, if nothing else is possible. A. O. C.

EGGS POACHED IN CHEESE SAUCE

Make white sauce, adding grated cheese. Drop, as for poached eggs, the required number of eggs. Place each egg on toast when done; pour liquid over them and serve. Flavor with salt and paprika. A delicious luncheon or supper dish. MRS. ELIAS DAY.

POACHED EGGS

Have ready a perfectly clean frying pan, a quart of boiling water in which a tablespoon of salt has been dissolved and one teaspoon of vinegar added. Break the eggs one by one in a saucer and slip carefully into the water, which should be bubbling, but not violently boiling. Dash with a spoon a little water over each egg to make the top white, as the beauty of a delicately poached egg is to see the yolk through a veil of transparent white. Cook until the white is firm, but not leathery, lift out with pancake turner and serve on slices of golden-brown toast.

EGGS POACHED IN MILK

Instead of water, put the same amount of milk in pan, enough to cover eggs. Season it with salt, pepper, and butter. Drop eggs in carefully and cook as for poached eggs; but watch that they do not stick. Place each egg on a piece of toast. Pour over them the remaining milk and serve. MRS. ELIAS DAY.

EGGS IN WHITE SAUCE

Boil hard and remove shells, six eggs, slice into baking dish, season, cover with white sauce and bake from twenty minutes to thirty minutes in a fairly hot oven. Dust with paprika after it is ready to be served.

MRS. F. D. YEATON.

EGGS WITH TOMATOES

Have ready two cups tomato which has been stewed with one small onion, one-half inch bay leaf, one-half teaspoon mixed whole spice, one-half teaspoon salt and strain. Put one rounded tablespoon butter in pan, add tomato, one-half cup crumbled cheese, and when hot drop in four whole eggs. Shake in a little paprika. Lift up as they cook and when whites begin to thicken stir the whole until creamy. Serve on wafers or toast.

EGG SAUTE

Have as many eggs as the number to be served. Boil hard, remove shells, and leave whole. Dip in beaten egg and cracker crumbs; fry in deep fat as croquettes.

MRS. ELIAS DAY.

BAKED EGGS

Butter an egg shirrer. Cover bottom and sides with cracker crumbs. Slip egg in carefully. Cover top of egg with buttered and well-seasoned crumbs. Bake in oven until white is firm and the crumbs brown.

EGG CUTLETS

Six hard boiled eggs chopped fine, two teaspoons chopped parsley, three teaspoons onion juice. Make a white sauce of one cup milk, three tablespoons flour, one and one-half tablespoons melted butter, salt and pepper to taste. Mix together and shape in balls and fry in deep fat.

MRS. J. P. BLACK.

EGG OMELET

Four eggs, four tablespoons cold water, three teaspoons bread or cracker crumbs, one-half teaspoon salt, two level tablespoons butter, or one of butter and one of lard. Put butter and lard in omelet pan to heat. Separate eggs, adding water to yolks. Add this to stiffly beaten whites. Turn into omelet pan and sprinkle crumbs evenly on top. When set put in oven to dry; fold and serve with tomato sauce.

SPAGHETTI NEAPOLITAN

One box Red Cross Spaghetti, one can Campbell's tomato soup, one ten-cent bottle stuffed olives, pimento, one small can mushrooms, one-half pound ordinary cheese grated, two tablespoons olive oil, one onion cut fine. Cook spaghetti in boiling water, slightly salted, until it is tender. Put a layer in a large baking dish, then cover with grated cheese, a few mushrooms, olives, etc. Continue to fill the dish in this way. Be sure to have plenty of cheese on top. At the last put in two tablespoons olive oil, plenty of pepper and salt and pour on Campbell's tomato soup, adding hot water sufficient almost to cover the spaghetti and cook slowly, for at least two hours, adding more water if necessary. Leftover chicken gravy or any good soup stock may also be added. This is enough for ten or twelve people. The Italians serve with this eggs saute. (This recipe is in this cook book). MRS. ELIAS DAY.

CREAM CHEESE SALAD

Two bars cream cheese, one can sweet red peppers, one-half cup walnut meats, ground coarsely. Work into the cheese the nuts and all the mayonnaise, perhaps a cup, that it will take up and still be firm enough to mold. Stuff the peppers with this and put aside to get cool and firm. Put lettuce on salad plates. When ready to serve, with a very sharp knife slice the peppers as thin or thick as you desire, and serve on lettuce.

ELKHORN CLUB CHEESE SALAD

One twenty-five cent jar of cheese, one hard boiled egg, one-quarter of a red pepper, one-quarter of a green pepper, heaping teaspoon of picililli, salt and a dash of paprika; mix well together. Garnish with parsley or lettuce leaves.

FRUIT SALAD

Three bananas, two oranges, one-half pound white grapes, one head of lettuce, four tablespoons of olive oil, two tablespoons of lemon juice, salt and pepper to taste, white mayonnaise dressing. Peel and remove thread from bananas, cut in slices. Peel oranges and cut in lengthwise slices. Skin grapes (if you prefer), halve them, remove seeds. Marinate each kind of fruit separately. Put fruit on lettuce and dress with mayonnaise.

LETTUCE SALAD

Add to a French dressing several tablespoons of chopped green peppers (sweets), and onions or chives. Cut a head of lettuce in sections as you cut cabbage. Clean well and pour this dressing over. Roquefort cheese crumbled and added to French dressing is delicious. Serve on head lettuce prepared as above. G. R. C.

CALCUTTA SALAD

Two cream cheeses, cream, one-half cup American cheese, grated, one cup cream, whipped, three-quarters tablespoon gelatine, one tablespoon cold water, one tablespoon hot water, salt, paprika. Soak gelatine in cold water until soft, add boiling water and steep over hot water until gelatine is dissolved. Soften cheese with plain cream. Add American cheese, whipped cream, gelatine, salt and paprika. Turn in a ring mold, chill. Remove from mold, garnish with asparagus and red pepper ring. Serve with French dressing.

ASPARAGUS SALAD

Drain well a can of asparagus, also a can of red peppers. Cut peppers in strips and lattice it with asparagus. Serve on lettuce with French dressing.

G. R. CHACEY.

POTATO SALAD

For each quart of cold boiled potatoes, boiled or diced, allow one cucumber (sliced), one cup of diced celery and enough mayonnaise to moisten. Blend with a fork, lifting but not stirring.

BEET AND POTATO SALAD

Cut cold boiled potatoes in dice, cook and peel beets and let drain. Then dice and mix lightly with potatoes. Shortly before serving, dress with a thick mayonnaise.

TOMATO SALAD FOR WINTER USE.

Quart can of tomatoes, teaspoon salt, tablespoon sugar, butter according to taste, one-half package gelatine. Cook tomatoes and seasoning thoroughly, add gelatine previously soaked in one-half cup water. Strain through colander, pour in molds (one-half jelly-glass is about the right size for each individual). Set in cold place. When time to serve, empty each mold on a leaf of lettuce and cover with salad dressing sprinkled with nut meats.

MRS. GAYLORD.

TOMATO JELLY SALAD

One-half can tomatoes, one-half teaspoon salt, one bay leaf, one piece celery, one-fourth cup sugar, four whole peppers, one slice onion. Boil twenty minutes; strain and while still hot add one-half box of gelatine softened in cold water. Serve individual molds or cut in squares and garnish.

JENNIE W. WESTCOTT.

PINEAPPLE SALAD

Good for an emergency because so quickly prepared. For each individual, one slice Hawaiian pineapple, center filled with nut meats, covered with salad dressing. If desired a tiny mountain of whipped cream, topped by a maraschino cherry, placed on each slice, will add to its appearance and richness. MRS. GAYLORD.

PERFECTION SALAD.

One envelope Knox Gelatine, one-half cup cold water, one-half cup mild vinegar, one pint boiling water, one teaspoon salt, one cup finely shredded cabbage, juice of one lemon, one-half cup sugar, two cups celery cut in small pieces, one-fourth can sweet red peppers finely cut. Soak the gelatine in cold water five minutes; add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when beginning to set add the remaining ingredients. Turn into a mold and chill. Serve on lettuce leaves with mayonnaise dressing. This will serve from eight to ten people. To serve fifty people abundantly, use four times the recipe. MRS. C. M. CANDY.

HEIDELBERG SALAD

Wash a fresh lettuce, pull it into small pieces and dry it well. Put it into a salad bowl with some boiled beets, peeled cucumber and celery all cut into strips like matches. Now add some strips of any cold game or fowl that you may have, two anchovies filleted and cut like the vegetables, and a few olives. Sprinkle a little chopped parsley on the top, add some mayonnaise sauce. Put a few strips of gherkins on the top with a hard boiled yolk of egg rubbed through a sieve.

KNICKERBOCKER SALAD

Head lettuce, oranges cut in lobes, California grapes in halves with Thousand Island Dressing.

MRS. GEO. A. ROSS.

WALDORF SALAD

One cup sour apples, one cup celery, one tablespoon lemon juice, one-half cup walnut meats broken in pieces. Dice apples and celery, dust with salt and pepper. Mayonnaise may be used in place of lemon juice, enough to moisten.

CUCUMBER JELLY

Soak two large cucumbers in two cups of water over night, slice the cucumbers. In the morning strain, add three small tablespoons of vinegar, two tablespoons of sugar. Let these come to the boiling point, and pour over one tablespoon of gelatine that has been soaked in a little water (using minute gelatine), add a quarter of a cup of pecan nuts, cut up and stir frequently until it begins to solidify. Place in lettuce squares of jelly and cover with a mayonnaise dressing.

MRS. O. S. SPURLING.
(Original)

Fish, Meat, Poultry

BAKED FISH.

Sprinkle fish with salt and fill with stuffing; sew or skewer edges together. Cut gashes on each side across the fish and put strips of salt pork into them. Grease the baking sheet and place fish on it. Dredge with flour, salt and pepper. Put in pan with pieces of fat pork. Baste every ten minutes. Cook fifteen minutes to the pound and fifteen minutes over.

STUFFING FOR FISH.

Three cups crumbs, one-half cup butter, one-half teaspoon salt, pepper, onion juice. Add seasoning and melted butter to crumbs.

CRAB MEAT.

One can Campbell's tomato soup, one can crab meat, one can button mushrooms. Fry one small onion (minced fine) in butter until it turns yellow, not brown. Add the tomato soup, then the crab meat broken up with a fork. Drain the mushrooms and add and if it is too thin, add a thickening of flour and water, about three tablespoons of flour to one of water. Serve hot on toast from chafing dish, if you wish. MRS. A. L. KUEHN.

(Original)

SALMON LOAF

One two-pound can salmon, four eggs well beaten, four tablespoons melted butter, one cup fine bread crumbs, one-half cup milk. Season with salt, cayenne pepper and minced parsley to taste. Put three bay leaves in bottom of buttered dish and steam an hour. Serve with a sauce made of a can of tomato soup thickened with one tablespoon flour.

BAKED HALIBUT WITH TOMATO SAUCE.

Two pounds halibut, two cups tomatoes, one cup water, one slice onion, three cloves, one-half level tablespoon sugar, three level tablespoons butter, three level tablespoons flour, three-fourths level teaspoon salt, one-eighth level teaspoon pepper. Cook tomatoes, water, onion, cloves and sugar twenty minutes. Melt butter, add flour, and stir into hot mixture. Add salt and pepper, cook ten minutes and strain. Clean fish, put in baking pan, pour around half the sauce, and bake thirty-five minutes, basting often. Remove to hot platter, pour around remaining sauce, and garnish with parsley.

MRS. WILLIAM PRESTON.

FISH BALLS

One cup salt codfish, two heaping cups potatoes, one egg, one-half tablespoon butter, one-eighth teaspoon pepper. Wash fish in cold water, and pick in very small pieces, or cut, using scissors. Wash, pare and soak potatoes, cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are soft. Drain through a strainer, return to kettle in which they were cooked, mash thoroughly (being sure there are no lumps left in potatoes), add butter, egg well beaten and pepper. Beat with a fork two minutes. Add salt if necessary. Take up by spoonfuls, put in frying baskets and fry one minute in deep fat, allowing six balls for each frying; drain on brown paper. Reheat the fat after each frying. MRS. WILLIAM PRESTON.

SALMON TURBAT

One can salmon, two tablespoons butter, two tablespoons flour, one pint milk, salt and pepper, two eggs. Pick bones and fat from salmon and shred. Make sauce by melting butter and adding flour and milk, salt and pepper. When cool add eggs slightly beaten. Place layer of fish in buttered dish, then layer of sauce, alternating until all is used. Cover with butter crumbs and bake one-half hour. Serves six.

SCALLOPED OYSTERS

Drain one quart oysters; put in layers in baking dish, alternating with cracker crumbs and seasoning of salt, pepper and butter. When dish is nearly filled, add strained oyster liquor and sufficient milk to nearly cover the oyster. Cover with cracker crumbs. The amount of cracker crumbs and butter generally depends on your own taste. One dozen crackers will do. Bake one-half hour in moderately hot oven.

Stuffings

VEAL STUFFING

Three cups stale bread crumbs, three onions chopped fine, one teaspoon salt, one-half teaspoon white pepper, two tablespoons chopped parsley, one-half cup melted butter or suet.

POULTRY STUFFING

One quart stale bread crumbs, salt, pepper and dried thyme to season highly, one-half cup melted butter.

CHESTNUT STUFFING FOR POULTRY

One pint fine bread crumbs, one pint shelled and boiled French chestnuts chopped fine, salt, pepper and chopped parsley to season, one-half cup melted butter.

OYSTER STUFFING FOR POULTRY

Substitute small raw oysters, picked and washed, for chestnuts in foregoing recipe.

STUFFING FOR PORK

Three large onions parboiled and chopped, two cups fine bread crumbs, two tablespoons powdered sage, two tablespoons melted butter or pork fat, salt and pepper to taste.

CELERY STUFFING

Substitute finely cut celery for chestnuts.

STUFFING FOR GEESE AND DUCKS

Two chopped onions, two cups mashed potato, one cup bread crumbs, salt, pepper and powdered sage to taste.

STUFFING FOR TOMATOES, GREEN PEPPERS, ETC.

One cup dry bread crumbs, one-third teaspoon salt, one-fourth teaspoon pepper, one teaspoon onion juice, one tablespoon chopped parsley, two tablespoons melted butter. Hominy, rice or other cooked cereal may take the place of crumbs.

ROASTING MEATS

All meats should be raised at least an inch from the bottom of the baking-pan, using a trivet or rack made for the purpose. Rub the joint well with salt and pepper and dredge with as little flour as will insure a dry surface. Very lean meat is improved by having thin slices of fat meat, either bacon, pork or its own fat laid over the surface at first until there is sufficient dripping to baste with. Do not add water to the pan until within an hour of taking up; it is better not to use any, but after the meat has been lifted to the platter, drain off all the grease, add enough thin broth to dissolve the glaze left in the pan, and use this for gravy, either "au jus" or thickened slightly with brown roux.

BAKED HASH

Prepare like either of the preceding, adding more seasoning, onion, catsup, Worcestershire sauce, etc., and one raw egg. Pack into a well-buttered baking dish and bake till hot through and well browned. Serve in the dish in which it was baked. Bake in sweet peppers.

HASH

The best meat for a hash is from a stew or the sides of a la mode beef, though corned beef is excellent and any scraps of cold meat can be used if care be taken to first simmer till tender all tough bits. Mince evenly, but not too fine, allowing about one-quarter fat meat; add an equal bulk of chopped potatoes, freshly cooked are best, but cold ones will do, if more convenient. Mix well together and season with salt and pepper. Put into a sautoir one cup of stock or beef or veal gravy, adding enough hot water to make one cup for each pint of meat and potato, one teaspoon butter and the meat as soon as the stock boils. Stir only enough to mix well, then let stand on a moderately hot fire till a brown crust has formed on the bottom. Fold over and turn out like an omelet and serve hot. A tepid hash is an abomination.

MEAT LOAF

(Special Recipe)

Chop finely, or force through a meat chopper, cold, cooked veal or beef. Add six crackers (rolled), one teaspoon salt, four tablespoons milk or cream, two tablespoons lemon juice, one teaspoon pepper and a few drops of onion juice. Pack in a small bread pan, smooth evenly on top, brush with white of egg, and dot top with butter. Bake slowly for forty-five minutes. Baste frequently with melted butter and a little hot water and prick while baking that butter may be absorbed by meat. When cool remove from pan and cut in thin slices for serving.

FRICADELLA

One pound beef chopped fine, one-half pound veal, one-half pound pork, three eggs, one tablespoon butter, one teaspoon salt, a little pepper, grated rind one-half lemon, a pinch of nutmeg, two tablespoons water, two ounces crackers rolled fine. Mix all together, form into a roll and roast in butter forty-five minutes.

MRS. PARSAL.

SWISS STEAK

Select about two pounds of round steak, cut about two inches thick, pound about a cup of flour into it on both sides; brown in some nice bacon fat, then cover with water and simmer an hour, then add four medium onions sliced, and simmer until done. Turn frequently, as it is inclined to stick. MRS. O. F. SPURLING.

BOILED BEEF TONGUE

(Special Recipe)

Wash clean, put in the pot with water to cover it, a pint of salt, and a small pod of red pepper; if the water boils away, add more so as to keep the tongue nearly covered until done; boil until it can be pricked easily with a fork, take out, and, if needed for present use, take off the skin and set away to cool; if to be kept some days, do not peel until wanted for the table. The same amount of salt will do for three tongues if the pot is large enough to hold them, always remembering to keep enough water in the kettle to cover all of the tongues. Soak the salt tongue over night and in same way, omitting the salt. After peeling, place tongue in saucepan with one cup water, one-half cup vinegar, four tablespoons sugar, and cook until liquor is evaporated.

JELLIED VEAL LOAF

Four-pound knuckle of veal; cook until tender, about three hours in very little water; season with salt and pepper; pick meat off ham in small pieces; take one cup of juice left from meat and to this add one tablespoon Knox's gelatine; have ready seven hard-boiled eggs; into your molding pan place first layer of meat, alternating with eggs, making three layers of meat and two of eggs, with meat layer on top; over this pour mixture of juice and gelatine. Let stand over night, slice and serve cold.

MRS. MERSHON.

BAKED CALF'S LIVER

Buy a calf's liver; do not slice. Put into small baking dish, cover with strips of bacon and chopped onion; put hot water in pan and roast as any meat, basting constantly. Cook about one hour. Make gravy as for any roast. MRS. ELIAS DAY.

STEWED BEEF

Take a piece of rump, cut in small pieces and lay for twenty-four hours in vinegar or spiced pickle. Put a tablespoon butter, an onion, one bay leaf, a few pepper corns and one or two whole cloves, and the beef dredged with salt in the stew pan, cover close, put over a good heat and when meat has fried to a nice brown, add one pint of German cooking wine and as much more good soup stock, and stew it till soft. Before serving take out meat, skim off the fat, add a tablespoon of flour mixed smooth with the broth. Strain it through a sieve and pour over the previously dished meat.

BEEFSTEAK PIE

One round steak (about two pounds), one teaspoon salt, one-half cup suet, one teaspoon extract of beef, one tablespoon chopped onion, one saltspoon pepper, one-half cup flour, two tablespoons butter, two tablespoons flour, one pint of water and white of one egg. Cut the steak into cubes of one inch. Rub butter and flour together, dissolve the extract of beef in water, add it to the butter and flour and stir until boiling. Throw the meat into a frying pan and shake it over the fire until it is well seared and slightly browned; add the sauce and seasonings. Chop the suet, add gradually the flour; add a quarter teaspoon of salt and sufficient ice water to just moisten; mix quickly and roll into a sheet. Put the beef in the bottom of a baking dish, cover it with the crust and make a hole in the center. Brush the crust with the white of an egg beaten with a little water and bake in a moderate oven one hour. Cold roast beef may be used in precisely the same manner.

SCALLOPED RICE AND LAMB

Cut the lamb from yesterday's roast into small dice. Into a cup of this stir a cup of boiled and drained rice. Chop a large green pepper fine, after removing seeds, and add this to the meat and rice mixture. Moisten with leftover gravy and tomatoes or tomato soup and bake in a casserole one-half hour. MRS. PARSAL.

MEAT TIMBALES

One pint cooked cold meat, chopped fine; one tablespoon melted butter, one-half cup sweet cream; work well together; whites three eggs, beaten stiff; work lightly into mixture. Fill greased tincups with the meat and dressing, put in pan with hot water and bake twenty minutes. Turn out on hot dish and serve.

KINDNESS OF D. B.

SWEETBREADS

A sweetbread is the thymus gland of lamb or calf, but in cookery, veal sweetbreads only are considered.

Pancreas, or stomach sweetbread, is sold in some sections of the country, but not in our markets.

Sweetbreads are a reputed table delicacy, and a valuable addition to the diet of a convalescent.

A sweetbread consists of two parts, connected by tubing and membrane. The round, compact part is called heart sweetbread, the other part is throat sweetbread. The heart sweetbread is more desirable and should be purchased if sweetbreads are found in the market separated.

Sweetbreads spoil quickly. They must be removed from paper as soon as they come from the market; plunged in cold water, allowed to stand one hour, drained and put to cook in acidulated, boiling, salted water. Cook slowly for twenty minutes. Drain again, plunge in cold water, that they will keep white and firm. Sweetbreads are always parboiled in this way for subsequent cooking.

SWEETBREAD IN PEPPERS

Parboil sweetbread, cool and cut in small pieces. There should be one cupful; melt two tablespoons butter, add two tablespoons flour, and pour on gradually one-half cup chicken stock; then add two tablespoons cream and one-third cup mushroom caps broken in small pieces. Season with salt and paprika. Cut a slice from the end of six peppers, remove seeds and parboil peppers. Cool, fill, cover with buttered crumbs and bake until crumbs are brown. Serve with mushroom sauce.

SWEETBREAD CUTLETS WITH ASPARAGUS

Parboil a sweetbread and cut in one-half inch cubes or separate in small pieces. Reheat in a cup of white sauce. Creamed sweetbreads may be served on toast or used to fill patty cases. Parboil a sweetbread split and cut in pieces shaped like small cutlets or cut in circular pieces. Sprinkle with salt and pepper, dip in crumbs, egg and crumbs and saute in butter. Arrange in a circle around asparagus tips.

FILLET OF BEEF LARDED

About four pounds of the inside fillet of the sirloin, one onion, a small bunch of parsley, salt and pepper to taste. Lard the beef and put it into a pan with sufficient vinegar to cover it. Add a sliced onion, parsley and seasoning to taste, and let it remain in this pickle for twelve hours. Roast in a hot oven for an hour and a half; baste often. When done remove to a hot platter and glaze. Pour the drippings from the baking pan, set the pan on the stove, put half a pint of boiling water into it, let boil up, season and thicken with browned flour. Add any flavoring you may choose (mushrooms are especially nice) and send to the table in a gravy tureen.

MODIFIED CHOP SUEY

Three pounds of beef, four or five slices of bacon, one-half cup of rice (uncooked), one small onion, salt, pepper, paprika and celery. Cut the meat into small pieces and brown in a hot pan. Place a layer of meat, then celery, then rice, also bacon, all cut small; continue until all are used, then add one onion (whole), and cover with water. Cook in a casserole slowly about three hours, covering with more water occasionally.

Note: Two or three tablespoons of tomato chutney may be added if desired.

HOT TAMALES

Boil a fowl until tender, salt while boiling; chop very fine, season with plenty cayenne pepper, a little garlic; have ready a thick paste made of one cupful cornmeal mixed with a little boiling water. Shape meat into rolls size of little finger and encase each in the cornmeal paste. Take the inner husks of Indian corn, cut off ends, leaving husks about six inches long, wash them in boiling water. Wrap each tamale in a corn husk, put three Mexican peppers into liquor in which chicken was boiled, cook tamales in this for fifteen minutes. Veal may be substituted for chicken.

TO ROAST POULTRY

Rub all over with soft butter and sprinkle with salt and pepper. Place on rack in roasting pan and put in very hot oven. Make basting mixture with one-half cup each of butter or chicken-fat and water; keep hot and baste every ten or fifteen minutes. Roast three hours for eight-pound turkey, one to one and one-half hours for fowls. Keep oven very hot. If fowl is very large and heavy, cover breast and legs with several thicknesses paper to keep from burning.

FRIED CHICKEN

Two-pound spring chicken. Cut into pieces. Mix one cup flour, one tablespoon salt, one-quarter teaspoon pepper. Roll pieces of chicken in flour, melt two tablespoons butter in frying pan. Put pieces of chicken in and fry on both sides quickly a nice brown. Pour over chicken one to two cups boiling hot water, cover with tight pan, turn gas low and let chicken simmer twenty-five to thirty minutes. Serves four persons.

CHICKEN TIMBALES

Mix thoroughly one pint chopped chicken, one cupful stale bread crumbs, one-half teaspoon celery salt, one saltspoon pepper, one-half teaspoon salt, and moisten with one cup of milk or stock and two beaten eggs. Mixed herbs, cayenne, parsley, onion and lemon juice also can be used for seasoning. Pack in small molds, well buttered, and steam in hot water pan about fifteen minutes.

CHILI CON CARNE

Remove seeds from six red chillies, cover them with boiling water, set aside to soak until tender. Scrape pulp into water in which chillies were soaked. Cut two pounds of steak into pieces of uniform size, fry in butter. Add heaping tablespoonful flour, cook until this is browned, pour in the chilli water, add garlic and thyme to taste. Simmer until meat is done and gravy smooth and thick. Stir frequently during cooking. Kidney beans may be added if desired.

Ices

ICE CREAM

One quart of cream, one and a quarter cups milk, one and a quarter cups sugar. Boil the milk and sugar together eight minutes after it begins to boil, stirring all the time. Cool and add the cream whipped to a froth. Flavor with one teaspoon of vanilla and freeze. This makes a very rich cream. I always use three bottles of cream instead of four, which is a quart.

PEACH ICE CREAM

(Special Recipe)

One pint cream, one pint milk, three-quarter cup sugar, one cup mashed fresh peaches. Mix cream, milk and sugar, pour in freezer which has been properly scalded and freeze. When half frozen add peaches and continue freezing until stiff. Remove dasher and pack to ripen.

STRAWBERRY ICE CREAM

Two quarts fresh berries put through food press, enough sugar to make sweet after milk and cream are added to almost fill a one-gallon freezer. Use equal parts of milk and cream or one-third milk and two-thirds cream; freeze.

MRS. A. L. K.

ICE CREAM—WITHOUT A FREEZER.

One pint rich whipping cream, one cup grated pineapple or mashed peaches, or any fruit or flavoring. First whip cream until perfectly stiff, then add the fruit and put into a tin pail or mold and bury in a bucket of finely chopped ice and salt (or put in a snowbank). In fifteen minutes take out and scrape the cream away from edges, stir and bury again. Do this three times and at the end of an hour you will have most delicious ice cream.

MRS. J. B. SPECK.

VANILLA SOUFFLE

One-half cup sugar, one-half cup cold water. Boil together till syrup forms a soft ball in cold water. Pour syrup slowly over stiffly beaten whites of three eggs; beat as for icing. When cold, add one pint cream, whipped stiff; flavor to suit your taste, put in freezer, pack in salt and ice and set away to freeze.

MRS. F. D. YEATON.

MAPLE MOUSSE

One pint whipped cream, six eggs (separated), one cup maple syrup, one cup chopped walnuts or cherries; pack in ice four hours. Cook yolks of eggs and syrup until very thick, stirring constantly; when cold add whipped cream, then beaten whites, then nuts or cherries and pack.

MRS. FRED W. LAMB.

LEMON ICE

Make a strong lemonade and freeze. For a sherbet add the well-beaten whites of two eggs, after freezing has started. A tablespoon of gelatine dissolved in one-half cup of cold water may be added in place of egg.

CHERRY ICE

Two pounds cherries, one and one-half pounds sugar, one quart water. Boil together and press through sieve. Add juice of one lemon and tablespoon of gelatine dissolved in water; freeze.

MILK SHERBET

Two quarts rich milk, one pint cream, one quart sugar. Mix well and partly freeze. Then add the beaten whites of two eggs and the juice of four lemons. Freeze very hard. This makes one gallon and is delicious.

G. R. CHACEY.

ORANGE SHERBET

One and one-half pints sugar, three pints water, juice of ten lemons. Boil sugar and water for twenty-five minutes; add lemon juice and strain; freeze.

Jellies, Preserves and Pickles

JELLY MAKING

Jellies are made of cooked fruit juices and sugar, in nearly all cases the proportion being equal.

Jelly Making Principle—In all fruits when ripe or nearly ripe there is found pectin, a carbohydrate, somewhat similar in its properties to starch. It is because of this that we are able to make jelly. When equal quantities of sugar and fruit juice are combined and the mixture heated to boiling point for some time, the pectin gelatinizes the mass. Pectin is best when fruit is just ripe or a little before. If juice ferments or cooking is continued too long, pectin undergoes a change and loses power of gelatinizing.

Selection and Handling of Fruit—An acid fruit is more suitable, although in some acid fruit, as strawberry, the quantity of jelly making pectin is small. Most desirable fruits in order are: Currants, crabapples, apples, quince, grape, blackberry, raspberry, peach and pear. Large fruits, such as apples, peaches and pears, must be boiled in water until soft. Jelly will be clearer and finer if fruit is simmered and not boiled. To prevent crystallizing: Add right amount of sugar; if fruit contains high percentage of sugar reduce it; do not allow juice to boil rapidly; do not stir; if gauge is used it should always register 25 degrees.

To Prepare Glasses—Sterilize as for canning; remove from boiling water and drain; fill to rim on which cover rests; let it get thoroughly cold and cover.

To cover glasses with paraffine melt in saucepan over hot water, keeping from flame. Pour on surface of fruit, enough to cover it, tipping glass so that paraffine will attach itself to edge of glass and cover completely. Paraffine can be used a second time by washing it with cold water and remelting. With paper: Cut glazed white paper right shape, dip in brandy or alcohol; cover with tin lids or circular pieces of paper larger than top; fasten securely.

To Make Jelly Bag—Material, flannel, Canton flannel or double thickness of fine cheese-cloth; cut square eighteen inches, sew together two adjacent sides with French seams, rounding at end; bind top with tape and attach at equal distances three heavy double tapes, about ten inches long; before using always scald and wring thoroughly; after using empty bag and scald it; if stained boil with washing soda and rinse thoroughly.

APPLE JELLY RECIPE

Wash fruit, cut in small pieces, cover with boiling water and cook until soft. Allow juice to drip through jelly bag. Remove bowl containing juice that has dripped through. Use this for first-grade of jelly. Now squeeze remaining juice from bag into another bowl and keep this for second-grade of jelly. This will not be as clear as the first. Measure liquid and boil twenty minutes. Add equal volume of sugar, stir until dissolved and boil gently without stirring, three to five minutes. Strain through single cheese cloth into glasses. Let stand in sunshine until thoroughly cold, then cover.

CURRANT AND RASPBERRY CONSERVE

Bring one quart of red currant juice and the same amount of red raspberry juice slowly to a boil and cook ten minutes. Add five pounds of hot granulated sugar, one pound of seedless raisins chopped, the juice of four oranges and the peel of two very clean oranges parboiled and chopped very fine. Boil until it jellies.

PLUM CONSERVE

One basket plums, washed and pitted, equal weight in sugar, two oranges, one lemon, rind and all; cut in pieces; cook slowly one hour or more. Just before removing from stove stir in one cup English walnuts.

Mrs. R. H. Clinton.

IN PRESERVING

The young housekeeper, venturing on her first preserving, may like to know that:

Five boxes of currants will yield nine glasses of jelly.

Six pounds of peaches will yield eight pint jars of preserves.

Seven pounds of peaches will yield fifteen glasses of marmalade.

One peck of quinces will yield twenty-one glasses of jelly.

Four pounds of plums will yield five pint jars of preserves.

Four quarts of crabapples, measured after cutting small, will yield ten glasses of jelly.

GRAPEFRUIT MARMALADE

One of the exclusive tea rooms in this city makes a specialty of serving a delicious grapefruit marmalade with English muffins and tea. This marmalade is made at home by a woman who originated the recipe and who introduced her wares to the manager of the tea room by furnishing him with several jars to sample. It proved popular. Her recipe is simple, inexpensive and far superior to Scotch orange marmalade. It costs her only four cents a glass to make. She retails it to the tea room for eighteen cents.

Following is her recipe: One large grapefruit, one large orange, and one large lemon. Shave the fruit with a sharp knife exceedingly thin, using everything but the seeds and tough white centers. Measure and add three times as much water as fruit. Let it stand twenty-four hours; then measure again and add an equal quantity of granulated sugar. Boil together until of the right consistency to jelly. Put away in glasses.

ORANGE MARMALADE

A woman who knew how to make preserves sold this delicious orange marmalade at a good profit: One orange, one grapefruit, one lemon. Remove seeds and slice very thin. Add three times as much water as fruit and let stand over night. Boil ten minutes and let stand till the next morning. Add as much sugar as fruit and water combined, and let stand one more night. On the third morning boil slowly for two hours, or until the mixture jellies in a spoon. The recipe fills twenty ordinary marmalade glasses.

THE PEAR

The Pyrus Communis, or common pear, ranks close to the apple in point of family, abundance and general utility. The wild pear grows throughout Europe and Asia, and is a small, hard fruit, not considered edible. But recently it has been cultivated, and whether grafted on quince, the mountain ash or wild pear stock, it flourished, and now the vast majority of pears no longer deserve the epithet "insipid." The pear is rich in grape sugar, in its proportion of iron, its moderate per cent of malic, tannic and tartaric acids. It has a large proportion of potash and phosphoric acid. Such general mildness of tonic properties agrees with almost any type of stomach, and the laxative quality has a properly stimulating effect upon the intestines. The pear may be used in almost as many forms as the apple.

GINGER PEARS

Make a syrup of eight pounds sugar, one pint water, the juice of four lemons and the rinds cut into long, thin strips, one-fourth pound ginger root, one-half cup vinegar. Add eight pounds hard pears, peeled, cored and quartered and boil for one hour. MRS. G. CHADWICK.

CHERRY PRESERVES

Measure your fruit and allow as many measures of sugar, but place the fruit in some pan or kettle and pour over it one-half the amount of sugar. Let it stand for an hour, then put on stove and add the other one-half of sugar; let it boil hard for fifteen minutes, and then skim out cherries into jar or bowl and boil syrup down. Pour over cherries and let stand till next day, then drain off syrup, boil down again, add cherries and can preserves when cherries are heated. MRS. A. L. KUEHN.

YELLOW CUCUMBERS PRESERVED

One-half dozen cucumbers, one quart vinegar, one pint water, one pound sugar, six cloves (tied into a piece of cloth). Cut cucumbers about one and one-half inch in length and soak over night in equal parts of vinegar and water. Next morning drain and boil in syrup until clear. Fill into jars and seal tightly.

MRS. L. KUEHN.

PINEAPPLE MARMALADE

Peel one pineapple and put through meat chopper. Weigh the fruit and add three-fourths the weight in sugar with one cup of water. Bring slowly to the boil and simmer about twenty minutes or until the consistency of marmalade. Seal in glasses.

RHUBARB IN PRESERVES

Rhubarb and pineapple marmalade: One-half gallon rhubarb cut in small pieces and cooked until smooth. Add one-half gallon sugar and one large or two small pineapples, grated. Cook until thick, about twenty minutes. Put up like jelly. Use one part rhubarb to three parts strawberries; use two parts rhubarb to three parts blackberries; use one part rhubarb to two parts peach or pear; use two parts rhubarb to one part pineapple.

MRS. H. M. PRICE.

GRAPE MARMALADE

Five pounds grapes, five pounds sugar, one pound raisins, one quart cranberries, three oranges, one and one-half cups water. Cook slowly about one hour.

MRS. W. T. HUGHES.

CANNED PEACHES

Make a syrup of one cup sugar and one quart of water. Let it boil and if not syrup add more sugar. Pare and halve peaches and cook in syrup till silver fork goes through them. Put peaches in jar and fill up with syrup. Seal up while hot.

PICKLES

In making pickles use none but the best cider vinegar, and boil in a porcelain kettle. Never use metal kettles. A lump of alum the size of a small nutmeg to a gallon of cucumbers, dissolved and added to the vinegar when scalding the pickles the first time renders them crisp and tender. Do not use too much, because it is injurious; follow directions carefully. Keep pickles in a dry, cool cellar in glass or a stone jar. Look at them frequently and remove all soft ones. If white specks appear in the vinegar, drain off and scald. Add a liberal handful of sugar to each gallon and pour over the pickles again. A little ground horseradish added to the vinegar will help preserve it. The nicest way to put up pickles is to bottle them, sealing while hot, and keeping in a cool, dark place. Never put pickles in a vessel that has had any kind of grease in it and never let them freeze. The brine for pickles should be strong enough to bear an egg; make it in proportions of a heaping pint of coarse salt to one gallon of water. Use coarse salt and test the pickles before putting vinegar on. If not salt enough, add salt to the brine and allow them to stand until they have acquired the proper flavor; if too salty, cover with weak vinegar, let stand two or three days, drain, adding

strong vinegar, either hot or cold, according to recipes, and finish as directed. One way to green pickles is to use cabbage leaves, covering bottom, sides and top of kettle. It is necessary to use very strong vinegar when heating it, as heating weakens it, and it should only be brought to the boiling point and then used at once. Keep the pickles from the air, and see that the vinegar is at least two inches above the top of the pickles in the jar. A dry wooden spoon should be used in handling and is the only utensil that should touch pickles in the jar.

SPICED CURRANTS

Seven pounds currants, three tablespoons cinnamon, five pounds brown sugar, three tablespoons cloves, one pint vinegar; pick over currants, wash and stem; put in preserving kettle, add vinegar, sugar and spices tied in bag; heat to boiling point, then cook slowly about one and one-half hours. Fill jars and keep for winter use to serve with cold meats.

SPICED VINEGAR FOR PICKLES

One gallon of vinegar, one pound of sugar, one tablespoon allspice, one tablespoon black pepper, one tablespoon cinnamon, three tablespoons mustard seed, three tablespoons celery seed, two tablespoons salt, one tablespoon mace, three onions chopped fine, one teacup grated horseradish.

MIXED PICKLES

Wash and drain pickles; put in a jar with alternate layers of green tomatoes and green peppers. Cover with boiling hot brine made in the proportion of one pint of coarse salt to one gallon of water. Let stand twenty-four hours. Drain, rinse in cold water and pour over them "spiced vinegar." Have this boiling hot. Add a few roots of sliced horseradish before pouring on the vinegar.

PICKLED PEARS

(Special Recipe)

To each six pounds of pears allow a pint of cider—or wine—vinegar, three pounds of sugar and a teaspoon each of cinnamon, cloves and ginger (in thin bag). Let sugar, vinegar and spices boil up and place in the resulting syrup the peeled pears, a few at a time. Cook until tender; place pears in a crock; pour over them the vinegar and let stand three days. Pour off the syrup and boil it down; then pour over the pears again (having placed the pears in jars), remove spice bag and seal. If tartness is desired, part of the sugar may be omitted.

PICKLED WATERMELON RIND

(Special Recipe)

Remove thick paring from watermelon rind, cut out all the pink part; then cut in pieces of uniform size. Cook until soft in boiling water, then drain. To every seven pounds of rind add six cups brown sugar, three cups vinegar, one ounce stick cinnamon, two teaspoons whole cloves. Bring this slowly to the boiling point, then let it simmer two hours. Pack in jars, fill jars to overflowing and adjust rubbers, seal at once.

CAULIFLOWER PICKLES

(By Request)

Choose such cauliflower as are perfect and full size, cut away all the leaves and pull away the flowers by bunches. Soak in brine for two days, drain, and put in bottles with whole black pepper, allspice and stick cinnamon. Boil vinegar and pour over the cauliflower and seal while hot. An equal quantity of small white onions may be added before the vinegar is poured on.

STUFFED PEPPER MANGOES

Cut the tops from one dozen green peppers, remove seeds and save tops. Stand peppers upright in a tub, put a teaspoon of salt in each and soak twenty-four hours, then drain and rinse. Cut one large head of cabbage on a cabbage cutter, add to it half teaspoon of ground cloves, the same of ground allspice, an ounce of whole mustard and a tablespoon of salt. Mix thoroughly. Stuff the peppers with this mixture, put on tops and tie tightly. Stand upright in a stone jar and cover with hot vinegar. A half cup of chopped horseradish or a handful of nasturtium seeds may be added to prevent vinegar from molding.

RELISH

Three dill pickles, one stalk celery, one onion, one teaspoon mustard. Chop fine pickles, celery and onion, add mustard and salt, pepper and vinegar to taste. Serve with roasts. Prepare for table as you need it.

MRS. L. KUEHN.

CORN RELISH

Ten cups corn cut from cob, ten cups cabbage chopped, three cups white sugar, five red peppers, three tablespoons salt, four tablespoons white mustard seed, two tablespoons celery seed, one-half gallon vinegar. Mix and cook one-half hour, stirring every few minutes.

MRS. TOWERS.

TOMATO RELISH

One peck ripe tomatoes, six large onions, two large green peppers, two cups celery, one cup horseradish, two ounces white mustard seed, one-half cup salt, two cups sugar, one quart vinegar. Chop tomatoes fine, put in jelly bag to drain over night. Grind onions, peppers, horseradish, but chop the celery. Mix all together, cold; do not heat. Seal in jars. HATTIE FARBER.

INDIA RELISH

One-half peck green tomatoes, six cucumbers, one small cabbage, three large Spanish onions, three bunches celery, four green peppers; chop fine; add one cup salt, let stand twelve hours, then drain thoroughly; add one-half cup mustard seed, one-half cup celery seed, one and one-half cups brown sugar, two quarts vinegar; boil until tender.

MRS. R. R. RUTLEDGE.
117 Cooper Street, Peoria, Ill.

TOMATO RELISH

One pint ripe tomatoes, one cup celery, six white onions, two red peppers, all chopped fine separately; one ounce mustard seed, two pounds brown sugar, one-half cup salt. Chop celery, tomatoes, onions and sprinkle with salt. Let stand twenty-four hours. Heat vinegar and sugar and let cool. Drain tomatoes and other ingredients, mix in mustard seed and put on vinegar. Do not cook.

PEPPER RELISH

Twelve green peppers, twelve red peppers, twelve onions. Remove seeds and chop together; add four tablespoons of salt; cover with boiling water and let stand until cold. Put in colander, drain, cover again with cold water, set on stove and let come to a boil. Drain again. Heat three pints of vinegar, one and one-half cups sugar. Put peppers and onions into this and let come to a boil; then bottle.

MRS. W. T. HUGHES.

CRABAPPLE CATSUP

Four pounds crabs, cooked and strained through fine colander, three pounds sugar, two level tablespoons cinnamon, two level tablespoons allspice; two level tablespoons cloves, two level tablespoons salt, one saltspoon pepper, one teaspoon vinegar. Boil slowly till thick, about two hours.

MRS. DARLING.

TOMATO CATSUP

One bushel tomatoes, boil until soft, squeeze them through a fine wire sieve and add half gallon of vinegar, three half pints of salt, two ounces of cloves, quarter of a pound of allspice, three ounces of cayenne pepper, three tablespoons black pepper and five heads of garlic, skinned and separated. Mix together and boil about three hours, or until reduced to about one-half, then bottle without straining.

TOMATO CATSUP

Take one bushel of firm ripe tomatoes—the Fiji Island, known by their pink or purple color, and the "Trophy," are the best and richest varieties for catsup and canning. Wipe them off nicely with a damp cloth, cut out the cores, and put them in a porcelain-lined iron kettle or a genuine bell-metal one. Place over the fire, and pour over them about three pints of water, throw in two large handfuls of peach leaves, with ten or twelve onions or shallots cut fine. Boil until the tomatoes are done, which will take about two hours; then strain through a coarse-mesh sieve, pour the liquid back again into the boiling kettle and add half a gallon of good strong cider vinegar; have ready two ounces ground spice, two ounces ground black pepper, two ounces mustard (either ground or in the seed, as you prefer), one ounce ground cloves, two grated nutmegs, two pounds light brown sugar, and one pint of salt; mix these ingredients well together before putting in the boiler; then boil two hours, stirring continually to prevent burning. If you like the catsup "hot," add cayenne pepper to your taste. When cool, fill bottles (reeded bottles are the nicest, they can be procured at the house furnisher's, and a set with last some time; they look better than ones of all sizes and styles). Cork and seal with bottle-wax so as to exclude the air. Keep in a cool, dry place for future use. This recipe is preferred to all others—it has been used for years. It keeps well, and has been pronounced by competent judges superior to all others.

CANNED SWEET PEPPERS

Nothing can take the place of canned sweet peppers or pimentoes to the lover of salads, sandwiches, etc. Wash carefully and with a sharp knife slit the side open and remove the seed pod and stem of each pepper. Then place in a deep bowl and pour boiling water over them. Let stand three minutes, then repeat the process three times, draining well the last time. Pack in jars and fill with boiling vinegar which has been diluted half with water and to each quart of the vinegar add a teaspoon each of salt and sugar. Seal and set in a cool place.

MUSTARD PICKLES

Two quarts small onions, six sour pickles, two quarts green tomatoes, two quarts wax beans, four red peppers, three heads cauliflower (picked to pieces). Put all together (except pickles) and cover with one cup of salt and one gallon of water; let stand over night, then scald in brine and drain; add pickles; one tablespoon tumeric powder, four tablespoons mustard, one cup flour, three cups white sugar. Mix together and add two quarts vinegar. Boil until thick, then mix in the above ingredients.

MUSTARD PICKLES

One quart small cucumbers, one quart large cucumbers sliced, one quart green tomatoes sliced, one quart button onions, one large cauliflower cut into small pieces. Make brine of four quarts water and a scant pint of salt. Pour over all and let stand twenty-four hours. Heat and drain. Mix one cup flour, six tablespoons of dry mustard, one tablespoon tumeric with enough cold vinegar to make a smooth paste; add one cup sugar and enough vinegar to make two quarts in all. Boil until thick, stirring constantly. Mix with pickles.

ELEANOR Q. MITCHELL.

CHILI SAUCE

One peck tomatoes, nine onions (medium size), one quart vinegar, one and one-half cups sugar, one-fourth cup salt, one teaspoon cinnamon, one teaspoon cloves, one and one-half teaspoon allspice, one nutmeg (grated). Boil three hours. Put each quantity of cinnamon, cloves and allspice into piece of cloth. MRS. L. KUEHN.

CHILI SAUCE

One dozen medium-sized ripe tomatoes, one pepper chopped fine, one onion chopped fine, two cups vinegar, three tablespoons sugar, one tablespoon salt, two teaspoons cloves, two teaspoons cinnamon, two teaspoons allspice, two teaspoons grated nutmeg. Peel tomatoes and slice; cook with remaining ingredients for two and one-half hours.

OIL PICKLES

One hundred small cucumbers (sliced), three pints small onions (peeled), two scant cups salt (let stand three hours); rinse and add two cups olive oil, one ounce ground white pepper, one ounce celery seed, two ounces white mustard seed, alum size walnut. Cover with vinegar and let stand until you wish to use; good as long as it lasts. If small cucumbers and onions are not in market, large ones may be used if cut many times lengthwise and peeled. Makes about three or four quarts.

MYRTLE M. ROGERS.

Pies, Cookies and Doughnuts

PIE CRUST—FOR ONE PIE

"Two to five and a pinch of salt" (commit to memory). Two tablespoons of lard or crisco, five tablespoons of flour, one-half teaspoon salt. Rub together and add four tablespoons of cold water; stir all (use a knife). Put flour on board and roll out three-fifths of dough for first crust, and with trimmings enough is left for top crust. MYRTLE CARROLL.

CHOCOLATE PIE

Bake crust first in a deep pan. One pint sweet milk heated to near boiling with one square of Baker's chocolate, one rounded tablespoon cornstarch dissolved in a little cold milk, yolks of two eggs, one-half cup granulated sugar, all beaten together, then added to the hot milk. Stir until it is well cooked. Pour into crust. Beat whites of two eggs well, add two tablespoons granulated sugar, beat well and spread over top of pie. Brown in a moderate oven. MRS. PARSAL.

COCOANUT CREAM PIE

Make puff paste; bake on inverted tin; prick paste with fork to avoid bubbles. Filling (small pie): Cook in double boiler; one pint milk, scald; add yolks of three eggs; mix with one-half tablespoon cornstarch, one tablespoon flour, one-half small cup sugar, two heaping tablespoons cocoanut, vanilla.

Boil same as custard. When paste is baked, put in the custard. Whip whites of the eggs with one spoon confectioner's sugar. Spread over custard and sprinkle top with cocoanut. Return to oven and bake to a golden brown.

CHOCOLATE PIE

Four tablespoons of chocolate, yolks of two eggs, six heaping tablespoons sugar, two tablespoons of flour or one of cornstarch, two cups of hot water. When done boiling, flavor with vanilla. Bake crust, put in filling and ice with whites of eggs and brown in oven.

Miss Amelia Holle,
Vallonia, Ind., R. R. No. 1.

BEST SQUASH PIES

One can squash, one and one-half cups sugar, four eggs (save out whites of two), two tablespoons molasses, two teaspoons ginger, two teaspoons cinnamon, one-fourth teaspoon salt, three cups milk. Meringue of the two whites or use more if wanted thick. Two pies.

Jennie W. Westcott.

CARAMEL PIE

One pint sweet milk, one cup brown sugar, yolks of two eggs, one heaping tablespoon flour, one teaspoon vanilla, small piece butter. Scald milk and sugar together, stirring a little until sugar is dissolved, then add beaten yolks and flour moistened with a little milk. When thick remove from fire, add butter, and when cool put in vanilla. Beat whites of eggs stiff, adding a little sugar and vanilla, bake pie in cooked crust, put meringue over top, and brown lightly.

LEMON CREAM PIE

Line tin with paste and bake; yolks four large eggs well beaten, add one-half cup sugar, juice of one and one-half lemons, grated rind of one, boil until thick, stirring constantly. Remove from fire and add the whites of two eggs well beaten. Fill paste. Make meringue of the remaining two whites, three tablespoons granulated sugar; brown in oven. For large pie use five eggs, saving three whites for the meringue.

Mrs. Fred W. Lamb.

CREAM PIE FILLING

Beat the yolks of three eggs with half a cup of sugar and a tablespoon of soft butter; beat again, then stir a cup of cream into the other ingredients, also a saltspoon of salt. Bake in an open crust and cover with a meringue.

LEMON PIE

One lemon, one cup sugar, two teaspoons flour, four eggs (beaten separately), small piece of butter; grate rind of lemon, squeeze juice into cup and add enough water to make cup half full. Beat yolks and sugar together, add part of lemon juice and let come to boil. Mix flour in remaining juice and stir into same. Remove from stove and stir in beaten whites of three eggs. Bake crust and when custard is cold pour into crust. Beat remaining white and frost. MRS. W. J. WARR.

LEMON CREAM PIE

Bake crust first in deep pan; one pint milk heated to near boiling, one large tablespoon cornstarch dissolved in a little cold milk, yolks of two eggs, one-half cup granulated sugar and the grated rind of one lemon, all beaten together. Stir into the hot milk. When it is well cooked add the juice of one lemon. Cook for a while, then pour into crust. Beat whites of two eggs stiff, then add two tablespoons granulated sugar; beat well and spread over top of pie. Brown in a moderate oven. MRS. PARSAL.

MAPLE CREAM PIE

Two cups scalded milk, one cup brown sugar or maple sugar, one-third cup flour, pinch salt, two eggs. Mix sugar, flour and salt, to this add heated milk; cook until smooth, then add yolks of eggs well beaten; cook for a few minutes until it thickens, then cook about a half hour. Make a meringue of the whites of the eggs and cover the top; brown. MRS. DARLING.

MOCK MINCE FOR PIES

Pulverize six soda crackers, one cup brown sugar, one cup molasses, one-half cup vinegar, one-half cup butter, one cup chopped raisins, one cup boiling water, one teaspoon cloves, one teaspoon allspice, little pepper, two teaspoons cinnamon. Stir all together. Makes three pies. Any sweet pickle juice, or leftover sauce or jelly is good to add.

MYRTLE M. ROGERS.

MOCK CHERRY PIE

One cup cranberries cut in two, one and one-third cups sugar, one-half cup raisins chopped, one tablespoon flour, one-half cup hot water, one teaspoon vanilla. Mix all together and bake in deep crust.

KINDNESS OF MRS. M. H.

CURRANT PIE WITH MERINGUE

Three cups mashed ripe currants, three cups sugar, four egg yolks, two tablespoons water, three teaspoons flour. Beat yolks, then mix all together. Put into rich crust and bake. Use the whites for meringue.

MRS. KATE L. BALLARD.

RAISIN PIE

One-pound package seedless raisins. Wash and put on stove covered with cold water; sweeten and add juice of one or more lemons if you like it tart; add thickening and boil three to five minutes; pour in crust and put on a top crust and bake one-half hour. This makes two large or three small pies.

ALMOND COOKIES

Two cups syrup, one cup butter, one cup of lard, two teaspoons each cinnamon, cloves and nutmeg, one-fourth pound citron (chopped), one-half pound of almonds (chopped), three cups of sugar, four eggs, two teaspoons of baking powder; rind and juice of one lemon; flour enough to roll.

MRS. A. S. ABBOTT.

BROWNIES

One cup sugar, one-half cup melted butter, one-half cup walnut meats (chopped), one-half cup flour, two eggs, two squares of Baker's chocolate (melted), one teaspoon vanilla. Bake in moderate oven fifteen or twenty minutes. When cool cut into strips about an inch wide.

MRS. J. A. BELL.

COOKIES

One cup lard (level), one and one-half cups sugar, pinch salt, two eggs (beaten separately), three tablespoons sour cream, one small teaspoon soda, nutmeg, flour. Roll quite thin and have quite a warm oven.

MRS. CARROLL.

COOKIES

One cup sugar, one cup butter or half lard, half butter, three cups flour, two teaspoons baking powder, two eggs, four tablespoons sweet milk. Mix sugar, butter and baking powder into the flour dry. Then add eggs and milk. Batter will be stiffer than cake dough. Roll thin, cut and bake in warm oven.

OATMEAL WAFERS

One cup granulated sugar, one tablespoon melted butter, two eggs well beaten, two and one-half cups rolled oatmeal, one teaspoon B. P. salt, one teaspoon (or less) almond extract. Bake in a slow oven. Very dainty.

MRS. FRANK E. BALLARD.

OATMEAL RAISIN COOKIES

One cup sugar, one-half cup butter, two eggs, one cup raisins, one cup flour, one teaspoon baking powder, grated rind and juice of one lemon, two and one-half cups of oatmeal. Drop in pan from spoon.

MRS. J. A. BELL.

MOLASSES COOKIES

Put a teaspoon of soda into a large cup; add four tablespoons shortening, three tablespoons hot water and fill the cup with good molasses. Turn into a bowl; add one-half cup sugar, a little salt, and one level teaspoon each of ginger and cinnamon. Put in flour to make a dough not too stiff. Roll out, cut and bake in a quick oven. These cookies are hard and brittle.

MRS. PARSAL.

OATMEAL COOKIES

One cup sugar, one cup butter and lard mixed or any prepared shortening, two eggs, a pinch of salt, one and one-half cups sour cream (or sour milk), with three-fourths teaspoon of soda dissolved in it, two cups rolled oats, one cup raisins, two cups flour, one teaspoon cinnamon, one-half teaspoon cloves. Mix in order given and drop from a teaspoon on well-greased tins. Bake in a quick oven. E. McD.

SUGAR COOKIES

One cup sour cream, two eggs, two cups sugar, one-half teaspoon soda, one-half cup butter, two teaspoons baking powder, flour enough to roll. Cut and bake on well-greased tins in hot oven.

THIN RICH COOKIES

One cup butter, one cup sugar, three eggs, well beaten. Flour, enough to roll; roll thin and sprinkle with sugar. Bake in moderate oven. MRS. WHARTON PLUMMER.

MASHED POTATO DOUGHNUTS

Boil and mash enough potatoes to make one cup full. Beat in one teaspoon butter, one cup sugar, one cup milk, two beaten eggs, three cups flour, three teaspoons baking powder. Roll and cut. Fry in deep lard.

MRS. J. P. BLACK.

DATE BARS

One cup brown sugar, one large half cup butter, one-half teaspoon salt, one-half teaspoon lemon extract, three eggs beaten separately, one cup flour measured before sifting, one teaspoon baking powder, one cup walnut meats, one cup dates chopped. Bake in shallow pan in moderate oven, one-half hour. When cold, cut in strips and roll in powdered sugar. MRS. SCHULTZ.

DOUGHNUTS

One and one-half cups of sugar, one cup of milk, three eggs, nutmeg and salt to taste, three tablespoons of *melted* butter, one teaspoon of baking powder.
MRS. H. M. ANDERSON.

GOOD DOUGHNUTS

Two eggs, well beaten; one cup sugar, one cup cream, one-half cup milk, two teaspoons baking powder. Flour to make stiff batter, flavor with nutmeg. Fry in deep boiling fat. MRS. PLUMMER.

DOUGHNUTS

One cup sugar, one cup sweet milk, nutmeg to taste, three tablespoons butter, two teaspoons baking powder. Flour so they will knead well. MRS. CARPENTER.

DOUGHNUTS

Cream one cup sugar, two tablespoons unmelted lard, two eggs, one-half teaspoon grated nutmeg, one and three-fourths cups sweet milk, one-fourth tablespoon salt, one teaspoon baking soda, two teaspoons cream tartar. Flour to roll. Fry in hot fat. MRS. CONN.

Puddings and Other Desserts

DARK SECRET PUDDING

One cup sugar, three eggs, three tablespoons flour, one teaspoon baking powder, one cup dates cut fine, one cup walnut meats cut fine. Bake one-half hour in loaf. When cold break up and serve with two oranges and two bananas sliced, that have stood awhile with a little sugar over them. Put whipped cream over all.

MRS. PARSAL.

DATE PUDDING

One cup dark brown sugar, one cup sour milk, one pound stoned and chopped dates, one teaspoon soda, spice to suit taste, graham flour, enough to make rather stiff. Dredge dates in wheat flour. Add a little salt. Steam two hours. Eaten with any kind of sauce, it will do in place of cake, and will keep two months in a dry, cool place in a jar. Steam slowly, as you want it.

OATMEAL PUDDING

One-half cup of shortening, one cup of brown sugar, one cup of sour milk, one teaspoon of baking soda, one cup raisins, one cup of flour, two cups of oatmeal, a little nutmeg, cinnamon, cloves. Steam one hour.

MRS. BABSON.

CRUMB PUDDING

One cup bread crumbs, one cup flour, one cup sugar, one egg, one cup each of currants and raisins, one cup of nuts (if desired), one cup of boiling water, one teaspoon each of cinnamon and cloves, one teaspoon of soda, a pinch of salt. Steam three hours. Serve hot with "hard sauce." Keeps well. Steam as you need it.

MRS. F. D. YEATON.

CHOCOLATE PUDDING

Put one pint milk into a double boiler. Separate four eggs and beat the whites to a very stiff froth. Moisten four even tablespoons of corn starch with cold milk; stir this into the hot milk; stir and cook until thick and smooth. Add half cup of sugar and two ounces Baker's chocolate, grated; take from the fire and stir in the well beaten whites of the eggs; turn into a mold and stand away to harden. Beat the yolks of the eggs with four tablespoons sugar and add them to a pint of scalding milk; cook as you would soft custard; add a teaspoon of vanilla and turn out to cool. Serve over the pudding.

MRS. PARSAL.

COTTAGE PUDDING

One-half cup butter, one cup sugar, one cup milk, two cups flour with two and one-half teaspoons baking powder, pinch salt, lemon extract. Bake in patty pans. Makes one dozen.

SAUCE

One tablespoon butter, one tablespoon flour. Blend flour with melted butter, add boiling water till right thickness, season with lemon juice and sugar to taste.

MYRTLE M. ROGERS.

RASPBERRY SHORTCAKE (Special recipe)

Sift one quart of flour with two teaspoons of baking powder and one teaspoon of salt. Drop in two-thirds of a cup of butter and mix with sweet milk to a soft dough. Roll out in two quite thin cakes, butter one and lay the other on it. Bake in a quick oven. When baked, separate the cake and spread well with butter. Mix ripe raspberries with plenty of sugar and either plain or whipped cream. Spread between layers and cover top.

STRAWBERRY SHORTCAKE

Beat together one teacup sugar and one tablespoon butter; beat three eggs very light and add; sift together two teacups flour and a heaping teaspoon baking powder with a little salt and stir in, using enough milk or cream to make it roll out easily. Bake in deep tin plates. With three pints of strawberries mix one teacup of sugar and spread on the cake. The top layer of strawberries may be covered with a meringue made with a tablespoon of powdered sugar and the white of an egg.

LEMON PUDDING

One quart of boiling water. Four tablespoons corn starch dissolved in a little cold water. Add gradually boiling water and cook until thick. Add three cups sugar, the grated rind of one lemon and juice of three lemons. Cook until sugar is dissolved. When cold, add beaten whites of four eggs and beat until thick. Set on ice to cool and eat with soft custard made with yolks of four eggs, one pint of milk and one-half cup sugar, a little salt, or serve with whipped cream.

MRS. PARSAL.

PEACH PUDDING

Make a batter of one cup flour, one heaping teaspoon baking powder, one heaping tablespoon of butter, and milk to mix. Pour this over sliced peaches sweetened with one-half cup sugar. Bake thirty minutes, turn out on a plate and serve with cream. May use apples or other fruits. MRS. H. M. PRICE.

BREAD PUDDING

Break six thin slices of bread in pan, pour over quart of milk, let get hot, yolks of seven eggs, beat with cup of sugar, stir in milk and bread, flavor to taste, beat six whites, tablespoon of sugar to one white, put over pudding and brown. MRS. MERSHON.

GERMAN PEACH PUDDING

Separate two eggs, beat the yolks, add a cup of milk, half a teaspoon salt and a tablespoon melted butter. Mix and beat in a cup and half of flour that has been sifted with three level teaspoons baking powder. Stir in carefully the well beaten whites and pour the batter into a shallow greased pan. Put halves of peaches over the top, sprinkle with six tablespoons of granulated sugar and bake in quick oven for half an hour. Serve warm with cream or hard sauce.

REBECCA PUDDING

Four cups scalded milk, one-half cup cornstarch, one-quarter cup sugar, one-quarter teaspoon salt, one-half cup cold milk, one teaspoon vanilla, whites three eggs. Mix cornstarch, sugar and salt; dilute with cold milk; add scalded milk and stir constantly. Cook until thick, stirring constantly. Add whites of eggs, beaten stiff, and flavoring. Mold, chill and serve with custard sauce or wine sauce.

ORANGE CUSTARD

Slice oranges in about eight sherbert glasses. Sweeten well. Make a custard with one pint milk, yolks of two eggs, one tablespoon cornstarch mixed with a little milk, small piece butter, two tablespoons sugar. Boil until thick, stirring constantly. Pour while boiling hot on oranges. Beat whites of eggs stiff. Add two tablespoons sugar. Put over custard. Serve cold.

Mrs. R. C. Davis.

GRAHAM PUDDING

One cup molasses, one cup sweet milk, one cup graham flour, one cup raisins, one teaspoon cinnamon, one teaspoon soda, one egg. Steam two hours.

Mrs. L. B. Reed.

RICE PUDDING

One third cup of rice, one quart cold milk, one-half cup sugar, one teaspoon vanilla, one tablespoon butter. Put all together in a pudding dish and cook slowly one hour or more until rice is soft. MRS. PARSAL.

RICE COCOANUT PUDDING FOR FOUR PEOPLE

One cup rice, one-half cup cocoanut, two tablespoons sugar, one teaspoon vanilla, one cup milk, two eggs. Boil the rice, add the ingredients named and bake ten minutes.
MRS. SMITH.

BROWN BETTY

Chop fine two cups of tart apples. Butter a baking dish and place on it a layer of apples, sprinkling with cinnamon, sugar and butter. Place on this a layer of the crumbs, alternating with the apple till dish is three-fourths full, leaving bread crumbs on top. Add no water, but cover tight and steam three quarters of an hour in moderate oven when remove cover and quickly brown. Serve with milk or sweet sauce.

GELATINE BLANC MANGE

One-half box Knox gelatine dissolved in three cups of hot milk. Beat yolks of three eggs with three-fourths cup of sugar and pinch of salt, add to the hot milk. Take from the stove and fold in the beaten whites of three eggs. Flavor with vanilla.

CHOCOLATE GELATINE PUDDING

Enough for four people.

One pint milk, two eggs, two tablespoons sugar, one bar Baker's chocolate, one envelope Knox's gelatine. Put milk in double boiler with sugar and grated chocolate. When hot, add beaten yolks, then add gelatine, which has been dissolved in one-half glass water. Take off the stove, add beaten whites of eggs and pour into a mold. It can be served with whipped cream or plain cream. MRS. DUDLEY SMITH.

PRUNE TAPIOCA

Soak one pound prunes in cold water over night. Then cook until tender, stone and chop fine, save the juice. Into a double boiler put three cups sweet milk, one cup sugar and two heaping tablespoons of minute tapioca. Cook one hour, then add chopped prunes and one cup of juice and cook an hour longer. Serve with whipped cream. ELEANOR QUAID MITCHELL.

PRUNE WHIP

One pound prunes, one cup sugar, four whites of eggs. Soak prunes over night. Cook, then stone and run through grinder. Add cup sugar to chopped prunes. Beat whites of eggs stiff and fold carefully into prunes when cool. Bake in moderate oven about twenty minutes. Serve cold with whipped cream. MRS. R. S. DAVIS.

PRUNE WHIP

One jar thick cream, one-half pound prunes, two tablespoons powdered sugar. Soak prunes over night in water to cover and cook in same water until very tender. Force pulp through a strainer or prunes may be chopped very fine. Beat cream stiff. Sweeten and fold in prune mixture. Serve *very* cold with chopped nuts and garnish with whipped cream. Serve five people.
GRACE HOWE THOMAS.

FRUIT SALAD

Pare a pineapple and cut in one-quarter-inch slices, remove hard centers, sprinkle with powdered sugar, set aside one hour in a cool place; drain, spread on serving dish, pile red raspberries in center, pour over syrup drained from pineapple, sprinkle with powdered sugar and serve.

APPLE WHIP

One white of egg, one large apple grated, three-fourths cup sugar, beat until stiff. MRS. GEO. B. GALE.

APPLE SNOW

Pare, core and bring to boil in as little water as possible six tart apples, cool and strain, beat well and add the well-whipped whites of three eggs, sweeten to taste and beat thoroughly until a dish of snow is the result, flavor with lemon or vanilla, or add the grated rind of a lemon; serve with sweetened cream. Or, make custard of yolks, sugar, and a pint milk, place in a dish, and drop the froth on it in large flakes.—Selected.

BAKED PEARS

Pare and core large pears; stuff with seeded dates, raisins, or chopped nuts, with some tart marmalade of other fruit, or shredded cocoanut; place close together in pan and bake slowly till tender, without sugar, only enough moisture to prevent burning. When done chill and serve with either a simple custard or melted marshmallows.

GRAPE PARFAIT

One-third cup grape juice, three-fourths cup sugar. Boil until it threads, then pour on beaten whites of two eggs; beat occasionally until cold. Whip one pint bottle of cream and add one-half cup grape juice and juice of one lemon. Beat all together, mold and pack in ice and salt. Serve five or six. MRS. J. A. BELL.

PINEAPPLE PARFAIT

Boil together one-half cup sugar and one-half cup water. When cold add well beaten yolks of six eggs and place in a double boiler, stir until as thick as cream. Remove from the fire and whip until cold. When quite cold add one pint stiffly whipped cream, one cup chopped pineapple and a little vanilla. Put at once in freezer and let stand about four hours.

CARAMEL CUSTARD

Two cups milk, two tablespoons corn starch, two cups coffee A sugar (caramelized), one cup nuts. Flavor with vanilla when cold and serve with whipped cream.

MRS. GEO. B. GALE.

PEACH MERINGUE

Select firm, but ripe peaches. Peel, cut in halves and place on serving dish. Pile lightly on top a meringue made of beaten egg whites and powdered sugar. Chill thoroughly and serve. Baked apples may be served in the same way.

MARSHMALLOW DESSERT (For four people)

Marshmallows, ten cents, one-half pint whipping cream, any kind of fruits such as pineapple, strawberries, red raspberries, candied cherries, bananas; English walnuts, tablespoon sugar. Whip the cream, and stir in the marshmallows. Let stand couple of hours in cold place. Just before serving stir in chopped fruits or whole berries, also nuts and sugar. MRS. SMITH.

MARSHMALLOW CREAM

Dissolve one tablespoon of granulated gelatine in one-half cup of cold water, stirring over the fire until dissolved, then add one-half cup cold water. Beat the whites of four eggs until very light and pour the dissolved gelatine very slowly into the beaten whites, beating all the time; sprinkle one cup of sugar over the mixture and add one teaspoon of orange extract and beat until well mixed; tint one-third of the mixture pink with coloring paste, sprinkle chopped pecan nuts over it, add a layer of white and more nut meats, then the last layer tinted lavender or green. Serve with whipped cream flavored with vanilla, sweetened a little. Care must be taken not to let gelatine get cold as it will stiffen and the layers will not be smooth.

MRS. ALBERT WELLES.

GERMAN CREAM

One quart milk, scald, add three tablespoons corn starch, one-half cup sugar, vanilla to taste. Before set to cool, add one-fourth package Jello (dissolved), peach flavor. When these two have been thoroughly beaten together and cooled, add beaten white of an egg, with one bottle whipped cream, and one tablespoon confectioners' sugar. Whip all together with dover beater. Serve in frappe cups with wafers or lady fingers.

MRS. KIRK AUSTIN.

PINEAPPLE FOAM

One cup shredded pineapple, one cup powdered sugar, two whites of eggs (well beaten), one cup whipped cream. All the above will serve about six.

MARSHMALLOW PINEAPPLE CREAM

One can pineapple, one-half pound marshmallows, one-half pint cream to whip. Drain juice from pineapple on marshmallows that have been cut up. Let stand over night. Next morning add the chopped pineapple and whipped cream.

PINEAPPLE GELATINE

Soak two level tablespoons of gelatine in one-half cup of cold water. When soft add one-half cup of hot water. Stir till dissolved and then pour this into one large can of grated pineapple. Beat till well mixed, and when cold and beginning to stiffen, beat in one pint of cream, whipped. Set in a cool place till ready to serve.

LEMON JELLY

One apple, grated; one lemon, juice and grated rind; one cup sugar, yolks of three eggs. Boil until like cream. One teaspoon butter, add last.

MRS. C. CANDY.

ORANGE CREAM

One heaping tablespoon Knox Gelatine, two oranges, One-half pint whipping cream, one cup sugar, three eggs. Soak one heaping tablespoon Knox Gelatine in one cup cold water one hour. Squeeze juice two oranges, grated rind of one, strain; then add one cup sugar. Beat yolks three eggs until light. Add one cup hot water to gelatine, then add juice of oranges and sugar. Pour this liquid little by little on the beaten yolks, stirring constantly. Heat again, continue stirring until custard reaches boiling point, remove and set aside to cool. When thickening add one half pint whipped cream.

MRS. FRED W. LAMB.

Sauces and Salad Dressings

PUDDING SAUCE—HARD SAUCE

Two heaping tablespoons butter, ten tablespoons granulated sugar rubbed to a cream with butter. Add the stiffly beaten white of one egg. Flavor with anything you wish. MRS. F. D. YEATON.

PUDDING SAUCE

One cup sugar, three teaspoons corn starch, one and one-half cups of water, juice and rind of a lemon. Cook until thick. MRS. L. KUEHN.

WHITE OR CREAM SAUCE

Put one tablespoon each of butter and flour in saucepan over fire. When mixed without browning, add one-half teaspoon salt, one-fourth teaspoon white pepper, then, gradually, one cup hot milk. Stir until smoothly thickened, and simmer for three minutes.

DRAWN BUTTER

One-half cup butter, two tablespoons flour; rub thoroughly together, then stir into pint boiling water; little salt, parsley if wished.

MUSHROOM SAUCE

Make one cup brown sauce, using equal quantities stock and liquor from canned mushrooms. Season, add two tablespoons chopped mushrooms, simmer five minutes.

FRENCH DRESSING

Three tablespoons olive oil, one tablespoon vinegar, one pinch of salt, a little paprika. Mix in order given, add vinegar slowly.

MINT SAUCE

Pick the leaves from the stems, wash them thoroughly and wring them dry in a cloth. Chop as fine as sawdust, sprinkle powdered sugar over thickly, and barely cover with vinegar. If any vinegar rests in the bottom of the sauce-boat, it should be thrown away. Make this sauce half an hour before using, and set it on the ice. Strain, if you prefer.

MILLIONAIRE DRESSING

One yolk of egg, work in slowly one cup olive oil. Add one tablespoon catsup, two teaspoons chili sauce, two chopped pimentos, one chopped green pepper, lemon juice and salt to taste. Will serve six or eight.

MRS. LAVINIA.

SALAD DRESSING

Yolks of four eggs, four tablespoons sugar, two tablespoons butter, seven tablespoons vinegar, one small teaspoon salt and mustard, boil until thick, thin with sweet cream.

"NEVER FAIL" SALAD DRESSING

Two tablespoons sugar, one level teaspoon mustard, one level teaspoon salt, four egg yolks (or two eggs), four tablespoons milk, four tablespoons vinegar, small piece butter, speck red pepper. Mix dry ingredients, add well beaten eggs, other ingredients in order. Cook in double boiler. Before serving, add plain or whipped cream. Will serve sixteen people if bottle of whipped cream is added.

THOUSAND ISLAND DRESSING

To mayonnaise dressing add green peppers and pimentoes chopped fine, and a little chili sauce.

MRS. G. A. ROSS.

CREAM SALAD DRESSING

Mix in small bowl or double boiler yolks of three eggs, well beaten; three tablespoons sugar, one teaspoon salt, one teaspoon mustard, one-half teaspoon white pepper, eight tablespoons vinegar. Set bowl in pan of hot water and stir until it thickens. Remove from fire and add one large tablespoon butter. When cold add one-half pint of whipped cream. MRS. G. CHADWICK.

RED CABBAGE SALAD

Cut as for slaw with onion minced in. Pour over following dressing: Mix sugar, mustard, flour, salt and pepper with vinegar, and add to hot bacon or ham grease, and pour over cabbage when cool.

SALAD DRESSING

One cup milk, one teaspoon corn starch, lump of butter, one teaspoon mustard, two teaspoons sugar, one of salt, one-half cup vinegar, one egg. Mix milk, corn starch and butter together and cook slowly on stove until milk is thickened. Add slowly the mustard, salt, sugar, and vinegar, which have been dissolved together, and cook all three or four minutes. Take from fire and stir very slowly into the well-beaten egg. This may be made as rich as desired by the use of more butter, or cream instead of milk. Serves eight people.

MRS. E. GAYLORD.

FRUIT SALAD DRESSING

Juice two oranges, juice one lemon, two eggs, one-half cup sugar, one cup cream, whipped. Beat eggs, then add juice of oranges and lemon, then sugar, boil until clear; whip cream and stir thoroughly into the mixture. Set away to cool. Can be made the day before.

MRS. FRED W. LAMB.

TABLE MUSTARD

Work together three tablespoons of mustard and one tablespoon of sugar, beat in an egg until smooth, add one teacup vinegar, little at a time, add piece of butter, size of an egg; cook until thickens, stirring all the time.

MRS. W. T. HUGHES.

TARTAR SAUCE

Beat together the yolks of two eggs, a teacup of olive oil and three teaspoons of vinegar, and when well beaten add a tablespoon of mustard, a teaspoon of sugar, a tablespoon of chopped capers, a tablespoon of chopped cucumber pickles, the juice of one onion and a half saltspoon of pepper. Mix all together thoroughly. This sauce is for meats served in jelly and for fried and broiled meats and fish.

Soups

CONSOMME SOUP

Place one dessert spoon of dripping, and one heaping tablespoon of sugar in a soup pan, let the sugar melt, and turn an amber color, or even a brown, this must be watched closely, then add one cup of water, and boil until the sugar and water are mixed, then pour in four quarts of water and add two pounds of beef and a fifteen cent knuckle of veal, simmer for four hours; any vegetables can be added, but it should stand over night first.

CHICKEN SOUP

One quart of chicken stock, one quart milk, one and one-half tablespoons butter, one and one-half tablespoons flour, a little onion, pepper, salt, and a little chopped celery or one level teaspoon celery seed. Have ready two well beaten eggs and pour the soup on the eggs slowly, stirring the while.

CORN AND TOMATO SOUP

Press a cup of canned tomatoes through sieve. Cook one cup of canned corn, one-half onion, bay leaf and cup of water in double boiler twenty minutes. Press through sieve. Cook one-fourth cup flour and teaspoon salt in one-fourth cup of butter, add three cups of milk. When the sauce has boiled, add hot tomato and corn with more seasoning if needed.

CREAM OF CELERY SOUP

Chop fine and mash two bunches of celery. Pour one quart of milk over celery, place on stove and leave until it reaches boiling point. Then add two tablespoons of butter and one tablespoon of flour rubbed together to the milk, let boil until it thickens. Season with salt and pepper and put through a strainer.

TOMATO SOUP TO CAN

Fourteen quarts cut tomatoes, fourteen small stalks celery, fourteen bay leaves, fourteen small sprays parsley, twenty-five cloves, seven small onions, four tablespoons salt, two teaspoons black pepper or few peppercorns, two heaping tablespoons sugar. Cook until soft. Run through sieve, then cream fourteen tablespoons soft butter with fourteen level tablespoons flour and a little of the hot soup. Boil, stir well, can. When using add meat stock or milk about an equal amount.—Donated.

GREEN PEA SOUP

Drain liquor from can of peas, cook them until very soft, then rub through colander. Thicken a quart of milk with one tablespoon of flour rubbed into two tablespoons of butter. Stir the mashed peas into this, let boil up once, stirring steadily, season with salt and one teaspoon of sugar.

CREAM OF CORN SOUP

Put contents of can of corn into wooden bowl and chop fine, then put into a double boiler with one quart of milk. Melt two tablespoons of butter with small onion sliced thin and add two tablespoons of flour. Stir this into corn and milk, add salt and pepper and cook ten minutes, strain and serve.

CREAM OF ASPARAGUS SOUP

Cut stalks of bunch of asparagus into one-half inch lengths and boil slowly for an hour in three cups salted water. When tender, drain and press through colander. Keep liquid hot. Cook together one tablespoon butter and one tablespoon flour, add one quart milk. When smooth, add the above liquor with cup full of asparagus tips, boiled tender. Have ready beaten yolks of two eggs, pour the hot soup gradually on these, stir all the time, return to fire for about one-half minute. Season to taste.

SCOTCH BROTH

Three pounds mutton from fore-quarter, two quarts cold water, one-half tablespoon salt, one-fourth teaspoon pepper, two slices turnip, one-half onion, one-fourth cup sifted flour, one-fourth cup each carrot and turnip cut in small cubes, two tablespoons barley. Wipe meat, remove skin and fat, and cut meat in small pieces. Add water, heat gradually to boiling point, skim, and cook slowly two hours. After cooking one hour, add salt, pepper, turnip and onion. Strain, cool, remove fat, reheat, and thicken with flour diluted with enough cold water to pour easily. Cook carrot and turnip dice in boiling salted water until soft; drain and add to soup. Soak barley over night in cold water, drain and cook in boiling salted water until soft; drain and add to soup. If barley should be cooked in the soup, it would absorb the greater part of the stock. Barley may be omitted; in that case sprinkle with finely chopped parsley and serve with croutons. MRS. WILLIAM PRESTON.

Vegetables

HINTS ON COOKING VEGETABLES

First—Have them fresh as possible. Summer vegetables should be cooked on same day they are gathered. Second—Look them over and wash well, cutting out all decayed or unripe parts. Third—Lay them, when peeled, in cold water for some time before using. Fourth—Always let water boil before putting them in, and continue to boil until done.

Turnips—Should be peeled, and boiled from forty minutes to an hour.

Beets—Boil from one to two hours; then put in cold water and slip skin off.

Spinach—Boil twenty minutes.

Parsnips—Boil from twenty to thirty minutes.

Onions—Best boiled in two or three waters, adding milk the last time.

String Beans—Should be boiled one and one-half hours.

Shell Beans—Require an hour.

Green Corn—Boil twenty or thirty minutes.

Green Peas—Should be boiled in little water as possible; boil twenty minutes.

Asparagus—Same as peas; serve on toast with cream gravy.

Winter Squash—Cut in pieces and boil twenty to forty minutes in small quantity of water; when done, press water out, mash smooth, season with butter, pepper, and salt.

Cabbage—Should be boiled from one to two hours in plenty of water; salt while boiling.

TURNIPS

Are wholly deficient in salt, fat and starch, and are therefore desirable to serve plain boiled or mashed and seasoned only with salt and pepper, with boiled bacon, roast pork and mutton. They are most palatable when cut into half inch cubes, boiled in plenty of well salted water, and served in a rich white sauce.

POTATO LYONNAISE

Put two tablespoons of butter into a frying pan, when melted add an onion, chopped fine; cook two or three minutes, add six cold boiled potatoes, sliced, well seasoned with pepper and salt; saute a nice light brown. Just before serving, add a teaspoon of finely chopped parsley and a few drops of lemon juice.

POTATO, FRENCH (Fried)

Pare the potatoes and throw into cold water for at least an hour. Cut in slices, blocks, strips, balls or any fancy shape, and dry them on a towel. Drop quickly into fat hot enough to brown them by the time they come to the surface. They are done when they float. Skim into a draining basket and set in the oven to keep hot, either as a garnish or for a vegetable.

HASHED POTATOES

Chop cold boiled potatoes, new ones are best, into bits the size of a peanut. Season with salt, pepper and chopped parsley, and for one quart potato allow three tablespoons butter. Heat the butter and toss the potatoes in it till they begin to show a little brown, then add one-quarter cup thin cream, and set back to brown on the bottom. Fold like an omelet and serve, or gather into a mound with the brown crust on top.

POTATO PUFFS

Prepare four large potatoes the same as mashed potato. While hot, shape into balls the size of an egg. Have a tin dish well buttered and place the balls in it. Brush over with beaten egg. Brown in oven. When done, slip a knife under them, removing to a hot platter, bedded with parsley. Serve at once.

MRS. J. B. SPECK.

SWEET POTATOES SOUTHERN STYLE

Wash and pare six medium sized potatoes. Cook ten minutes in boiling salted water. Drain, cut in halves or quarters lengthwise, and put in buttered pan. Heat one-half cup maple syrup to boiling point, add one tablespoon butter and pour over potatoes, brown in oven.

MRS. PRESTON.

BROWNED MASHED POTATOES

To six large mashed potatoes, add butter the size of an egg and one-half cup of milk or cream, and salt and pepper to taste. Beat well and bake in moderate oven till brown (from fifteen minutes to one-half hour).

SCALLOPED POTATOES

Use fresh or cold boiled potatoes. Slice and put in baking dish in layers, salting and peppering each layer, adding as much butter as you wish. Cover with milk, which is better with a little thickening. Cook in fairly hot oven about one-half hour if made with cold boiled potatoes; at least one hour, if the potatoes are uncooked, and the baking dish is not too large. To make enough potatoes for twenty people, a good allowance is about one dishpan of raw potatoes and cook the scallop at least two hours.

TOMATO SAUCE

One cup strained tomatoes, one tablespoon flour blended with one tablespoon of butter, one bay leaf, one-half teaspoon scraped onion or juice, a little parsley, one-eighth teaspoon salt, pepper to taste. Boil tomato and seasoning five minutes; remove parsley and bay leaf, and turn onto blended butter and flour. Stir and cook to smooth creamy consistency.

POTATOES AU GRATIN

Make by recipe for scalloped potatoes putting cheese over each layer and on top. You may use a good salt cracker or whole wheat cracker, crumbled in place of cheese and the potatoes will taste practically the same.

STUFFED TOMATOES

Wipe and remove thin slices from stem end of six medium sized tomatoes. Take out seeds and pulp, sprinkle inside of tomatoes with salt, invert, and let stand one-half hour. Cook five minutes two tablespoons butter with one-half tablespoon finely chopped onion. Add one-half cup cold cooked chicken or veal, one-half cup soft stale bread crumbs, tomato pulp, and salt and pepper to taste. Cook five minutes, then add one egg slightly beaten and cook one minute, and refill tomatoes with mixture. Place in buttered pan, sprinkle with buttered cracker crumbs, and bake twenty minutes in a hot oven.

Mrs. William Preston.

GREEN PEPPER A LA CREOLE

Twelve green peppers washed and seeded, one large tea cup of rice well cooked and salted, one-half pound of cheese grated. After rice is thoroughly cold and stiff work in grated cheese and any kind of meat gravy or soup stock. Then put into peppers and bake in hot oven for twenty minutes. Very delicious for luncheon.

Mrs. J. D. McDowell.

LUNCHEON DISH

Boil rice and let it steam for a few moments until each grain stands out separately.

Also cut carrots into small pieces and boil. Heap the rice on a bed of parsley on a platter and put the carrots around it and put one or two sliced hard boiled eggs on top of the rice. Pour over all a cream sauce and on top of this, grated cheese.

Mrs. J. W. Havens.

SPANISH RICE

One cup rice after boiling, four tablespoons grated cheese, four tablespoons tomato pulp, one teaspoon grated onion, one heaping tablespoon butter, one small teaspoon each of mixed mustard, curry powder, salt, pepper, and browned crumbs. Melt the butter, put in the onion and curry powder and cook for a few minutes. Add the rice, cheese, tomato and mustard and mix well. Sprinkle bread crumbs on top and bake.

JESSIE W. WESTCOTT.

BOSTON BAKED BEANS

Pick over one quart pea beans, cover with cold water, and soak over night. In morning, drain, cover with fresh water, heat slowly (keeping water below boiling point) and cook until skins will burst, which is best determined by taking a few beans on the tip of a spoon and blowing on them, when skins will burst if sufficiently cooked. Beans thus tested must of course be thrown away. Drain beans. Scald rind of one-half pound fat salt pork, scrape, remove one-fourth inch slice and put in bottom of bean-pot. Cut through rind of remaining pork every one-half inch, making cuts one inch deep. Put beans in pot and bury pork in beans, leaving rind exposed. Mix one tablespoon salt, one tablespoon molasses and three tablespoons of sugar, add one cup boiling water and pour over beans. Cover bean-pot, put in oven and bake slowly six or eight hours, uncovering the last hour of cooking, that rind may become brown and crisp. Add water as needed. If desired add with seasoning one-half tablespoon mustard. If pork mixed with lean is preferred, use less salt. Use earthen bean-pot with small top and bulging sides. Yellow-eyed beans are very good when baked. BOSTON COOK BOOK.

SALSIFY OR OYSTER PLANT

Boiled—Wash, scrape and throw into cold water. Cut into inch pieces and boil rapidly uncovered in a granite stew pan. A little vinegar will help to keep it white. Drain them well and serve with plenty of butter and lemon juice, salt and pepper to taste, or dressed with cream or Bechamel sauce.

Fried—Cut cold boiled salsify into convenient lengths, coat each with fritter batter No. 2, and fry in deep fat until well crisped.

SARMAS

Prepare equal measure of finely minced meat, lamb or veal, and washed rice. Season to taste with salt, pepper, onion and cayenne. Scald grape leaves till they are well wilted. In each leaf roll a little of the meat and rice, making small oval balls, stew in just enough water to keep them from browning. Blanched lettuce or cabbage leaves will do; in this case add a few drops lemon juice to the meat.

SPINACH

Pick over carefully while dry, throw a few plants at a time into a large pan of cold water, wash well on both sides to dislodge insects, and pass to another pan. They should have at least three separate waters. Put the spinach into a large kettle without water, set it on the stove where it will cook slowly till the juice is drawn, then boil till tender, drain and chop fine. For half a peck of spinach add one ounce butter, one-half teaspoon salt. Reheat and serve on buttered toast.

PLANTATION SWEET POTATO

Cut cold cooked sweet potatoes in rather thick slices. Put them in a deep dish with pepper, salt and butter, pour on a little milk, enough to barely show between the pieces, and bake in a moderate oven one hour.

YAMS

Are treated and served like sweet potatoes.

SUGAR POTATO OR CANDIED YAMS

Parboil, peel and cut in quarter inch slices. Put the slices into a heavy syrup made in the proportion of one cup white sugar to one-quarter cup water, and one teaspoon butter. Simmer gently for an hour, then let the syrup boil away till it is almost dry. Serve with meats.

RICE, STEAMED

Pour two cups of boiling water on one cup well washed rice, and one level teaspoon of salt. Cook in double boiler thirty minutes, or till soft. If too dry at the end of twenty minutes add a little more boiling water.

RICE, BOILED

Have ready four quarts of boiling salted water. Throw in one cup rice and let boil fast, uncovered, until the kernels open. Drain in a colander, cover with cloth, keep warm twenty minutes, shake up light three times.

CURRIED RICE

Mix one teaspoon curry powder with one cup gravy or white sauce and pour over rice boiled as above. Good with veal or mutton in any style.

ESCALLOPED PARSNIPS

To one pint of boiled and mashed parsnips add one tablespoon of butter, a teaspoon of salt, a dash of pepper, and two tablespoons of milk. Mix the ingredients; turn into a buttered dish; cover with bread crumbs, dot with butter, and brown in the oven.

ESCALLOPED PARSNIPS (Mrs. Rorer)

Four good sized parsnips, one-half a cup of bread crumbs, one tablespoon of flour, one-half a pint of milk, one tablespoon of butter, one-half a teaspoon of salt, one saltspoon of pepper, two tablespoons of chopped onions. Scrape and boil the parsnips; when tender, cut them into blocks. Make a cream sauce from the butter, flour, and milk; add the salt and pepper. Put a layer of the cream sauce in the bottom of the baking dish, then a layer of parsnips, a sprinkling of onions, and so continue until the dish is full, having the last layer sauce. Dust with fine bread crumbs.

PARSNIP SPHERES

Boil the parsnips till tender; drain and mash, or put through a colander. Season well with butter, salt and pepper. Flour the hands and form the parsnips into spheres. Roll in flour and fry in dripping in a frying pan until a nice brown on both sides. If preferred, a well beaten egg and one tablespoon of flour may be added with the butter, salt, and pepper. Good with roast beef.

CORN AND RICE CAKES

Mix two cups corn meal, one tablespoon flour, one teaspoon salt, three teaspoons baking powder and one cup boiled rice, add two cups milk slowly, then add three well beaten eggs and two tablespoons melted butter. Beat all thoroughly and bake in greased muffin pans for twenty minutes.

FRIED EGG PLANT

Peel and cut into slices about one-third inch thick. Salt a little, dip in egg and cracker crumbs, and fry in fat enough to cover. When a silver fork goes through easily, the egg plant is done. Try the edges especially. Serve with creamed potatoes and apple sauce. A good substitute for meat. MRS. ELIAS DAY.

Recipes for Feeding a Large Number

FRUIT PUNCH

Four dozen lemons, one dozen oranges, one grated pineapple (one large can), four pounds sugar. Boil sugar in two quarts of water (early, to let cool). Put cloves in one orange and slice. Add strawberries or cherries, about eighty or ninety. Add seven or eight quarts of water and large piece of ice. A good way is to add a portion of juice and water to punch bowl as needed, for the fruit juice will keep until another day or longer. This will make punch for about ninety people.

MRS. W. V. CARROLL.

HOT CHOCOLATE FOR FIFTY PERSONS

Ten squares of bitter chocolate, seventeen tablespoons of sugar, four quarts sweet milk, heated to boiling; five teaspoons of corn starch, dissolved in a little cold milk. Shave the chocolate fine and dissolve it in seven tablespoons of boiling water. Add five cups of boiling water, the sugar, and cornstarch dissolved in milk. Boil five minutes. Then add the milk and remove from fire.

MRS. A. F. ROBINSON.

FOR ONE HUNDRED AND FIFTY PERSONS

Three hundred and fifty rolls, two boiled hams or one large ham, and ten pounds of cold pressed corn beef. For sandwiches, use thirty loaves of baker's bread and one large ham, five pounds of butter, four pounds of coffee, eight quarts of cream, three pounds of sugar, six quarts of pickles, twelve cakes.

TOMATO JELLY SALAD

Use Perfection salad recipe, substituting for "one pint of boiling water," one pint of boiling tomato juice. The chopped celery is very nice in this. Make four times the recipe for Perfection Salad to serve sixty people.

CREAMED CHICKEN IN PATTIES

For Sixty People

Twelve pounds of chickens, after they are drawn and trimmed. This will call for about fifteen and three-fourths pounds. Cook in salt water slowly till well done—several hours. Save the juice for the sauce. Shred the chicken or cut fine. To about one gallon of liquor add one quart of milk. Thicken, add chicken and season if necessary. If you wish peas, add two cans, well drained. Serve in patties or on toast.

CHIPPED BEEF A LA CREOLE

This will serve seventy-five people.

Three pounds of chipped beef ground, three cans of tomatoes, one-half pound of cheese grated, eight green peppers chopped fine, two dozen eggs well beaten. Put all ingredients except eggs in large boiler over fire and let come to boil, then add beaten eggs and thicken with flour and water if not stiff after adding eggs. Serve on golden flake biscuit crackers or toast.

Mrs. C. A. Goodspeed.

CREAMED OYSTERS FOR FIFTY PEOPLE

To be served in patty shells or timbales. One gallon oysters, two and one-half quarts milk, one pound butter, three cups flour, salt and pepper to taste. Melt the butter and stir in the flour to a smooth paste. Add the milk slowly and cook over a moderate fire until thoroughly done and thicken. Let the oysters come to a good boil, skim out and add to the cream sauce. The oyster juice may be strained and enough added to make the sauce the desired consistency. Mrs. Frank Ballard.

SERVES SIXTY PEOPLE

Three pounds veal, three chickens (sixteen pounds), four pounds rice, one large can pimento peppers. Boil veal and chickens until meat comes off bone. Pick and cut fine, season to taste. Boil rice in four times quantity of water one-half hour; salt water, place layer of rice in pan, pour over thickened chicken gravy, add layer of chicken with pimentos cut fine. Pour over this cream dressing made with some of the chicken gravy added. Add rice as before.

PRESSED LAMB

One leg lamb, seven to eight pounds; ten eggs, boil hard, chop and season to taste; one heaping tablespoon celery seed, small pinch Cayenne pepper, one-half bunch of parsley chopped very fine, two heaping tablespoons gelatine dissolved in a cup of cold water. Boil meat slowly until very tender and season with salt while cooking. Run through coarse grinder and put in above ingredients. Strain and heat liquid left from cooking bones and meat, then pour in the gelatine. Put liquid over seasoned meat; then mix well and press. This will serve forty. MRS. J. D. MCDOWELL.

JELLIED VEAL LOAF

Ten pounds from shoulder, one shank bone. Cover with cold water and cook until tender. Take from liquor and pick meat from bone, chop or grind fine. Strain liquor, add two cups of fine dried bread crumbs, two teaspoons of salt, one teaspoon black pepper, two teaspoons celery seed. Add meat and cook all together until thick and pack in a loaf. Will be ready to slice when cold. Will serve fifty people. MRS. GEO. A. ROSS.

POTATOES

One peck of potatoes will serve twenty people.

RICE AND TOMATOES FOR FORTY

Boil two pounds of rice. When almost done, add three quart can of tomatoes, one-fourth pound of butter, and six green peppers chopped fine. Mix together and put in the oven. Bake for at least three-fourths of an hour. This is a Southern dish and may be varied by adding chopped ham and chopped onions fried yellow in butter. Some spread grated cheese on top or sprinkle green cheese on it at serving, or merely bake the cheese in it.

Miscellaneous

ICE TEA

This serves ten or twelve people.

Make six cups of strong tea. Pour over crushed mint leaves. Let it stand until well brewed. Strain, sweeten slightly, and set away to cool. Have ready ice, sprays of mint, two lemons, and ginger ale. When ready to serve, squeeze lemon into tea, cut the sprays of mint into glasses; and, at the last minute, pour in the ginger ale. Serve at once. Use ginger ale in place of water to weaken the tea. MRS. ELIAS DAY.

EXCELLENT PEPPER SANDWICHES

One-half pound well cooked cold boiled ham, two hard boiled eggs, one green pepper (remove seeds), chop together in a bowl. Add mayonnaise dressing and spread between thin sheets of bread. Delicious. This makes thirty sandwiches. MRS. W. H. PEARCE.

To the above may be added so one-half will be different, chopped green cucumbers and a little onion.

GRATED CHEESE SANDWICH

Raisins and Marshmallows Also Used With Rye Bread.

Rye bread seems to call for a cheese as a filler, and if one will grate the cheese instead of slicing it, it will be found to work very much better. Cottage cheese with chopped parsley, water cress, chopped sweet pepper or a tiny bit of chopped onion makes delicious rye bread sandwiches. Both Swiss and American cheese with a little mustard are also fine as fillers for rye bread sandwiches. A sweet sandwich made with rye bread is delicious with a filling of raisins and marshmallows. Don't forget that these sandwiches must be made with the same care as the white ones. Bread must be forty-eight hours old, cut thin, and spread, delicately with butter and all crusts removed. Creamed cheese and currant jelly mixed makes a nice filling, particularly if put between salted wafers.

FILLINGS FOR SANDWICHES

Baked beans mixed with horseradish, catsup or mayonnaise.

Celery and almonds (chopped) and chopped pimento dressing.

Minced chicken with a little minced olive, onion and green pepper dressing.

Chicken, fried bacon, celery, a little bit of green pepper, dressing.

Cheese and chili sauce.

Cheese and marmalade (orange) and pecans.

Cream cheese, one teaspoon mustard, Worcestershire, catsup, paprika.

SANDWICH FILLING

Six hard boiled eggs, six sweet pickles, one onion, one apple, three tablespoons prepared mustard, pepper and salt, one cup butter. Mix butter and egg yolks together, grind apple, onion, pickle and whites of eggs. Mix all together. This makes nearly one quart.

MRS. W. T. HUGHES.

SAVORY WAFERS

Pound together in a mortar two tablespoons butter, quarter pound Roquefort cheese, quarter teaspoon salt, quarter teaspoon paprika and sufficient Tarragon vinegar to mix all to a paste. Spread this on long, unsalted finger wafers.

TO PEEL TOMATOES

Rub a ripe tomato quickly with the blade of a knife and then peel. Skin will come off as easily as if plunged in boiling water and the tomato will not be mealy or soft.

RULES FOR TESTING FAT FOR FRYING

1. When the fat begins to smoke, drop in an inch cube of bread, from soft part of loaf, and if in forty seconds it is golden brown, the fat is then of right temperature for frying any cooked mixture.

2. Use same test for uncooked mixtures, allowing one minute for bread to brown.

Many kinds of food may be fried in the same fat; new fat should be used for batter and dough mixtures, after these fish, meat, and croquettes. Fat should be frequently clarified.

To Clarify Fat—Melt fat, add raw potato cut in quarter inch slices, and allow fat to heat gradually; when fat ceases to bubble and potatoes are well browned, strain through double cheese cloth placed over wire strainer, into a pan. The potato absorbs any odors or gases and collects to itself some of the sediment, remainder settling to bottom of kettle. MRS. PRESTON.

CLEANING MATERIAL

Four ounces strong aqua ammonia, one ounce sweet spirits of nitre, one ounce sulphuric ether, one ounce glycerine, one ounce pale castile soap. Dissolve the soap in two quarts water; when cool, add the other ingredients. Ready for use when used for cleaning clothes.

MRS. A. L. KUEHN.

FLOOR POLISH

Equal parts of boiled linseed oil, turpentine and vinegar, make a good polish for varnished floors.

MRS. LONG.

Take crude oil and thin with one-third the amount of benzine. Put on flannelette or similar rag and use on floor or furniture.

GOLD MEDAL POLISH

Twelve pounds Spanish whiting, one-half pound English or light brown castile soap, three ounces aqua ammonia, two ounces olive oil, one ounce sassafras oil, one pint soft warm water. Shave soap fine and dissolve in part of water all night. In the morning add both of oils and thin with ammonia. Mix well with the hands, put in one-half of the whiting which has been sifted through a flour sieve. Mix thoroughly with the hands and add the rest of the whiting gradually and water very sparingly, until all the whiting has been worked in, make like bread dough and knead on a board. Make in cakes and place on a clean board to dry.

G. R. C.

Get it from
GRAM
Get it right

THIS book contains a number of excellent recipes and formulas that are

Absolutely Worthless

unless you use pure, fresh, clean spices

Thanks to the strict regulations of the "Pure Food Law," the spices now in the market are practically pure. But this does not at all signify that they are **good spices.**

For example: Cinnamon bark can be harvested from old trees with woody, fibrous bark, containing very little of the aromatic principle; but it should be collected from young sprigs on four-year-old trees.

Both are **pure,** but only the latter will give the right flavor. And this is true of almost every kind of spice.

Get your spices from me. I know how to buy the right kind, and I keep them properly.

Buy small quantities, and **don't** get the kind in paper boxes that dealers carry on their shelves sometimes for 6 months or more.

Let me supply you with spices of all kinds.

You will quickly observe a difference.

Wm. J. B. Gram

Lake Street at Ridgeland Avenue, Oak Park

Telephone: Oak Park 950

UNIVERSITY OF ILLINOIS-URBANA
3 0112 083353547